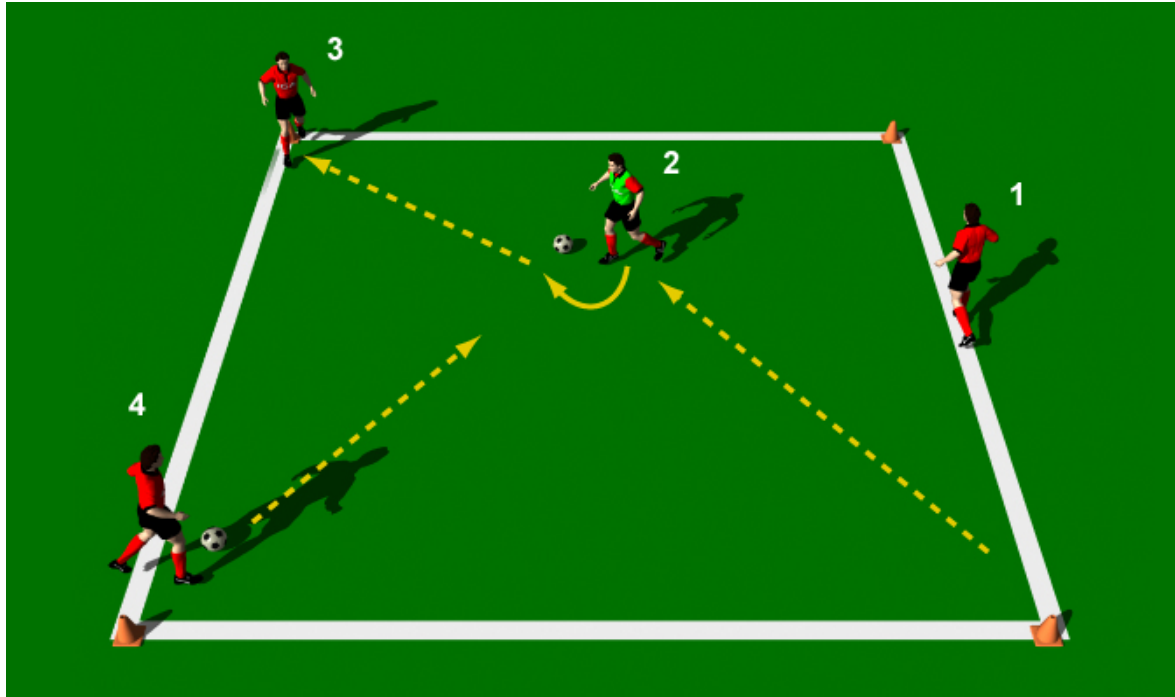


Barcelona Midfielder Drill



Objective of the Practice:

This exercise is designed to work on each players' quick decision making and passing skills.

Field Preparation:

- ★ 4 Players
- ★ Area 10 x 10 Yards
- ★ Supply of Balls and Cones

Coaching Points:

There are four players inside the square with 2 balls. Three players work on the sides of the square and one player works on the inside. The practice starts when player "1" passes to player "2" (center player). After passing the ball player "1" must quickly run to the open cone. Upon receiving the ball, player "2" has to quickly identify the free player and pass the ball to him. After releasing the ball, player "2" receives a pass from player "4". The practice then is continued in this manner. The center player is always looking to receive the ball and pass to the open player. The outside player is always looking to pass and move to the open cone.

Focus On:

- ★ Quality "first touch".
- ★ Accuracy and Pace of the pass.
- ★ Disguising the pass.
- ★ Explosive movement with the ball.