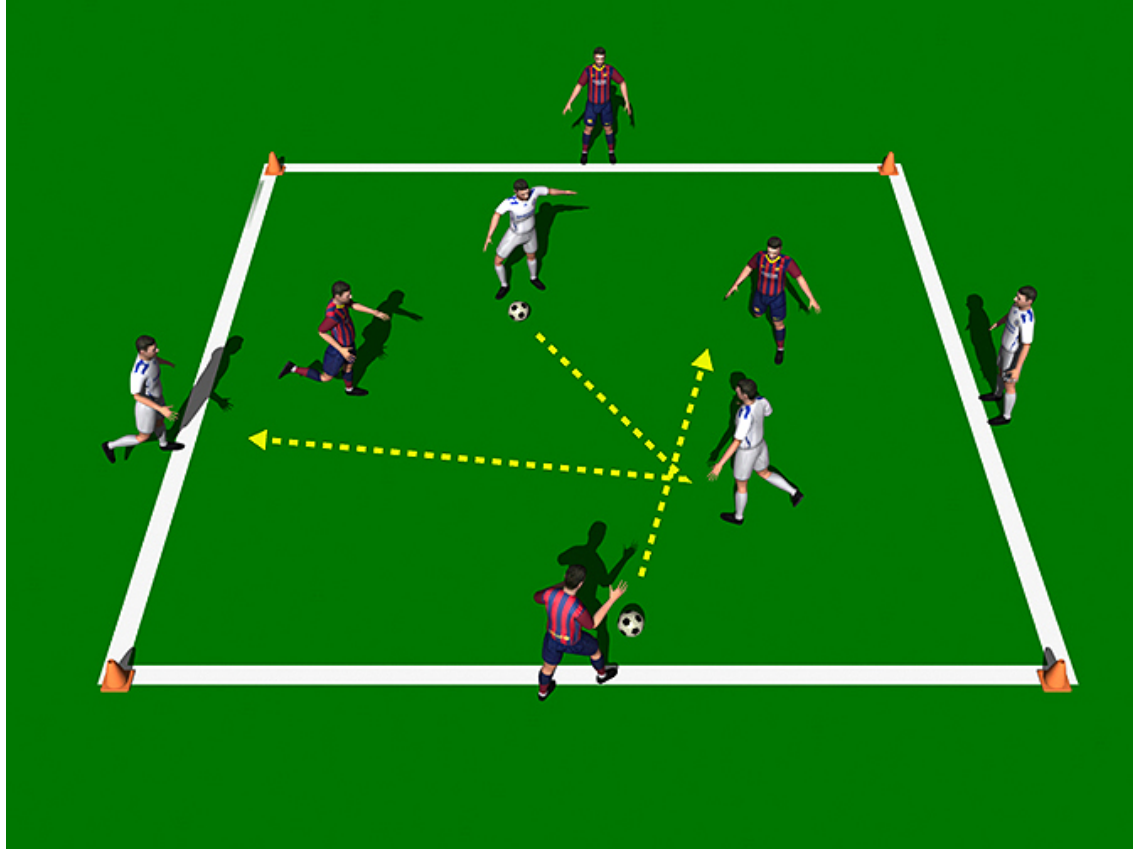


Chelsea Passing Drill



Exercise Objectives:

This is a great drill to emphasize quick movement off the ball and dynamic "one and two touch" passing.

Coaching Pointers:

Divide your players into two groups of four and position as in the diagram above. Two players from each team work within the grid exchanging quick passes, while moving the ball from side to side. Progress to having the outside player move inside and swap with the inside player. Keep the tempo high with good quality combination play.

Field Preparation:

Groups of 8
10 x 10 Yards
Supply of balls
Cones & Pinnies