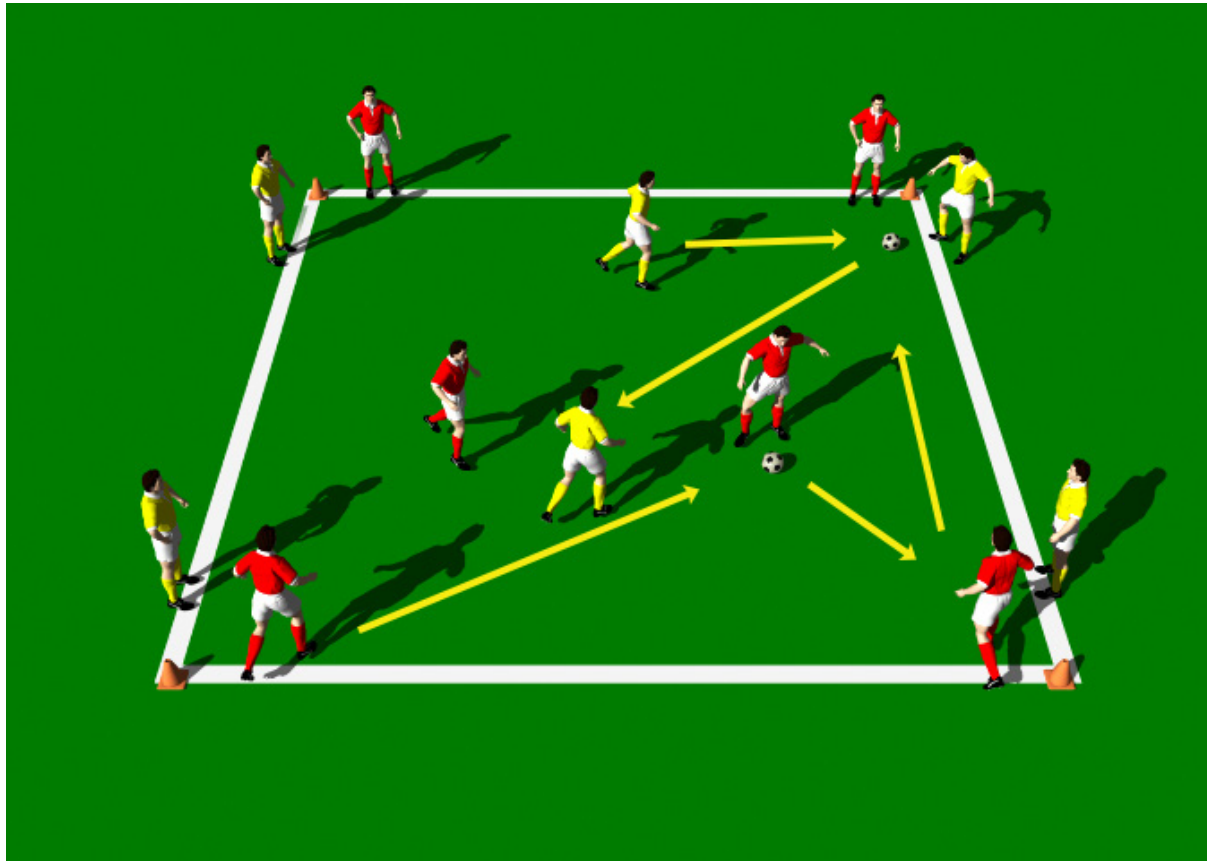


Liverpool Passing Exchange Unopposed



Objective of the Practice:

To improve the speed of each players one touch and two touch play and decision making when passing. An emphasis is placed on penetration and body position to play forward.

Playing Area:

Make a square 10 yards x 10 yards. Two team of six players. Each team has a player at the corners and two working players inside the square.

Coaching Points:

The two inside players receive the ball from the outside players. The object is to transfer the ball from one side to the next as efficiently as possible. Players keep transferring the ball from one side to next for several minutes then switch pairs with outside players. End players are also allowed to pass directly to each other.

Place an emphasis on playing through gaps, quick exchanges of the ball, body position "side on" to improve vision and enable the player to play forward quickly.

Demand that players work at match speed.