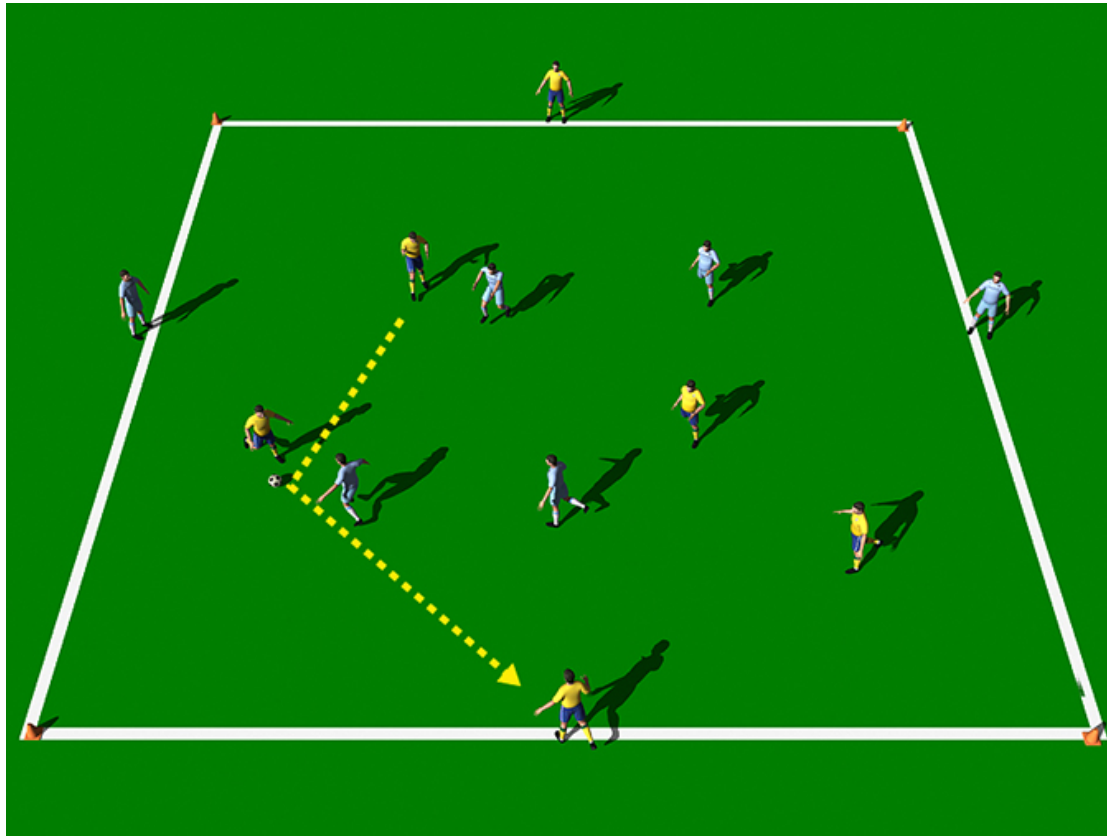


Liverpool Two Direction Drill



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 and position as in the diagram above. Two players serve as target men on opposite sides of the grid. The object is for the team in possession to exchange quick passes, while moving the ball from target man to target man. A goal is scored each time they hit their target man. First to 5 goals wins etc. 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 8-12 players
20 x 20 Yards
Supply of balls
Cones & Pinnies