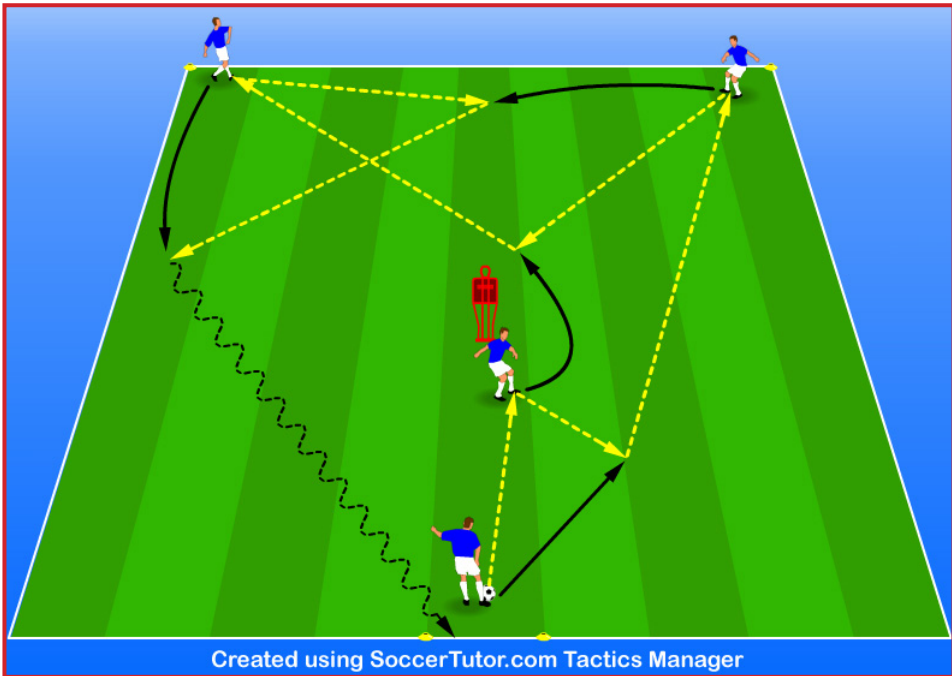


Passing 'Y' Shape - Quick Combination + Dribble

12 min



Objective

To develop passing and receiving with both feet during combination play.

Description

With 20 metres between players we play 2 periods of 6 minutes.

The players line up in a Y shape and play the passes as shown in the diagram. The player moves to the next position after playing the pass.

Coaching Points

1. When receiving with 1 foot and passing with the other the first touch needs to be well judged and pushed out in front of the body.
2. Reduce the time between the first touch and the pass, and then progress to 1 touch when possible.
3. Passes in the combinations need to be weighted well and aimed in front of the teammate so they can run onto the ball.
4. The passing and dribbling should be done at a high tempo.

**THIS PRACTICE WAS TAKEN FROM
THE BOOK:**

Spanish Academy Soccer Coaching

120 Practices from the Coaches of Real Madrid, Atlético Madrid & Athletic Bilbao

Purchase the Book:

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Diagrams were created using www.SoccerTutor.com Tactics Manager Software

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