

PASSING



Clean passing, two-footedness and good first contact with the ball are fundamental skills for every football player. During the ninety minutes, the most important thing is to apply these skills on the move to give your team's combination play a high speed.



SET UP

Set up a rectangle of cones 3 metres wide x 10 metres long.

EXERCISE

Passing from the movement



HOW TO DO THE EXERCISE

You (A) can pick up a teammate (B) and go to the opposite side of the rectangle. A stands on his side to the right of the rectangle and passes the ball to B. B receives the ball with one contact in such a way that he takes the ball parallel to the short side of the rectangle and can pass it back parallel to the other side of the rectangle with the second contact. Change the direction of play every now and then so that you are not constantly moving in circles.

The importance of the first contact with the ball cannot be overestimated. If my player is technically able to use the ball in the desired direction, he has a big advantage and makes our playing fast.

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Heiko Gerber - Co-trainer U21, VfB Stuttgart

IMPORTANT

Make sure you make the best possible first contact with the ball. It is crucial if you want to pass the ball to your team-mate as quickly as possible.

VARIATIONS

- A always plays the ball straight, B always diagonally - and vice versa.
- Both play the ball with the weak foot only.
- Integrate different ways of taking the ball, e.g. pulling the ball along with the sole.
- No teammate available? Simply complete the exercise against a concrete wall.