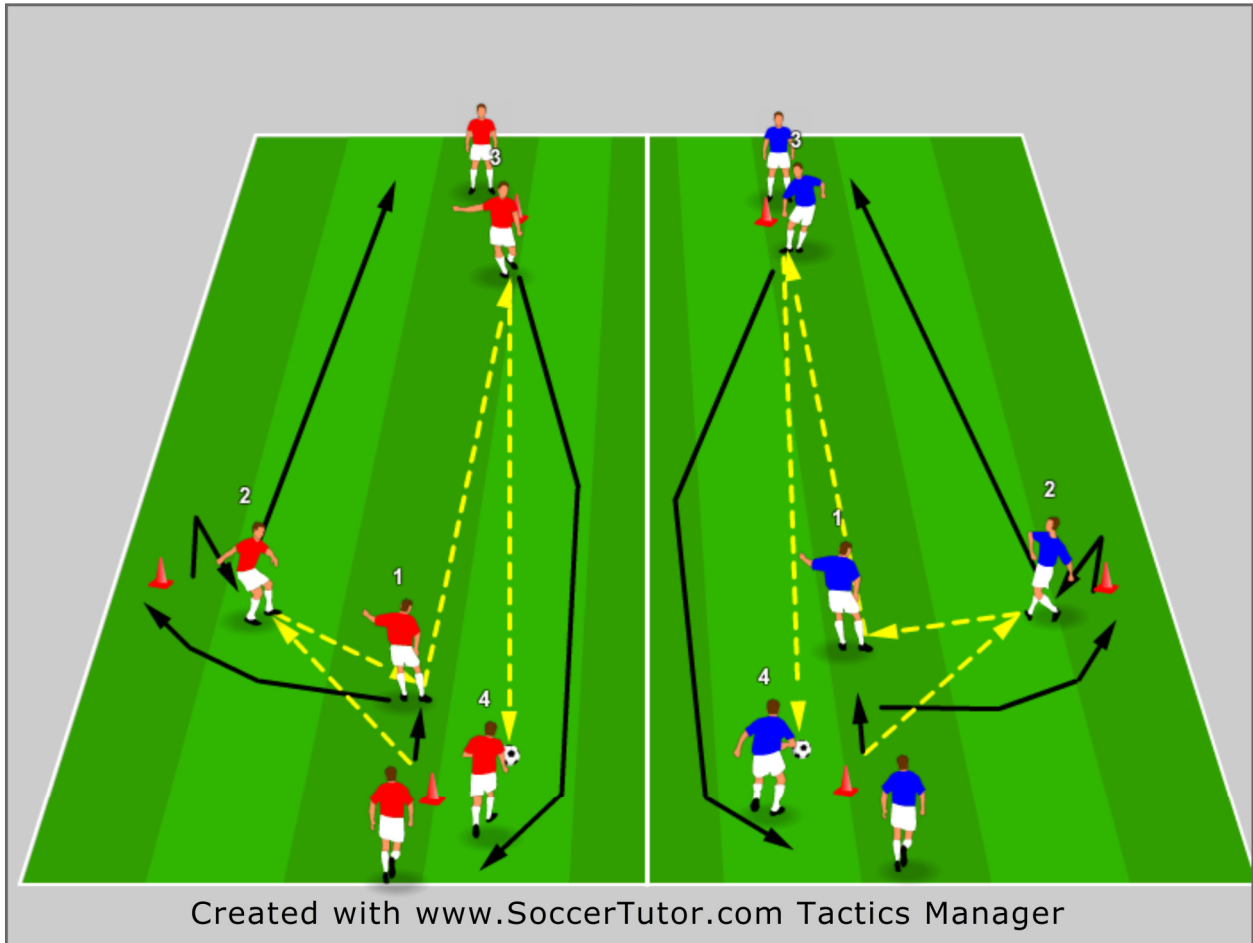


Conditioning and Technical Passing Practice 2



Created with www.SoccerTutor.com Tactics Manager

Date:	18/Jul/2011	Measurement:	10 x 30 Yards
Time:	N/A : N/A	Players:	3
Duration:	N/A	Level/Age Group:	U11 – U14 (Intermediate)

Description: This passing practice works technical passing and conditioning. Player 1 makes and 'give and go' with player 2 and then passes long to player 3 who passes long to player 4. Player 1 takes player 2 position. Player 2 goes to back of the top line. Player 3 follow its pass to the back of the bottom line. The sequence continues...

Objective: To develop conditioning while also working on technical passing.

Coaching Points:

1. Part of speed is getting a rhythm of passing.
2. Difference between hard passing and lay-off's.
3. Be Precise - Long pass with the inside of foot.
4. Soccer fitness is the ability to be fast, be fast often and the ability to recover between moments when you're fast.

Progression: 1. Top line (player 3) passes to opposite group so timing, awareness and communication becomes important factors.



Using **Tactics Manager Software** I've recreated this practice for you - taken from the latest **WORLD CLASS COACHING Magazine** Issue.

"Get 24/7 Access to Training Drills, Tactics and Complete Sessions from the World's Top Coaches and Teams and their Academies"

Juventus, Real Madrid, Inter Milan, Ajax, PSV Eindhoven, Manchester United, Liverpool, Arsenal, Chelsea, Tottenham, Cruzeiro, Atletico Mineiro and many others...



Two Package options:

1. WCC Online Magazine and Member Drills Database
2. WCC Online Magazine and Member Drills Database + Total Team Manager Pro Coaching Software – **SAVE 35%**

Purchase WCC Magazine:

ROTW Shop: <http://shop.soccertutor.com/Football-Coaching-Magazine-s/102.htm>

US / CA Shop: <http://shopusa.soccertutor.com/Football-Coaching-Magazine-s/102.htm>



Diagrams were created using www.Soccertutor.com Tactics Manager Software
<http://www.soccertutor.com/tacticsmanager>