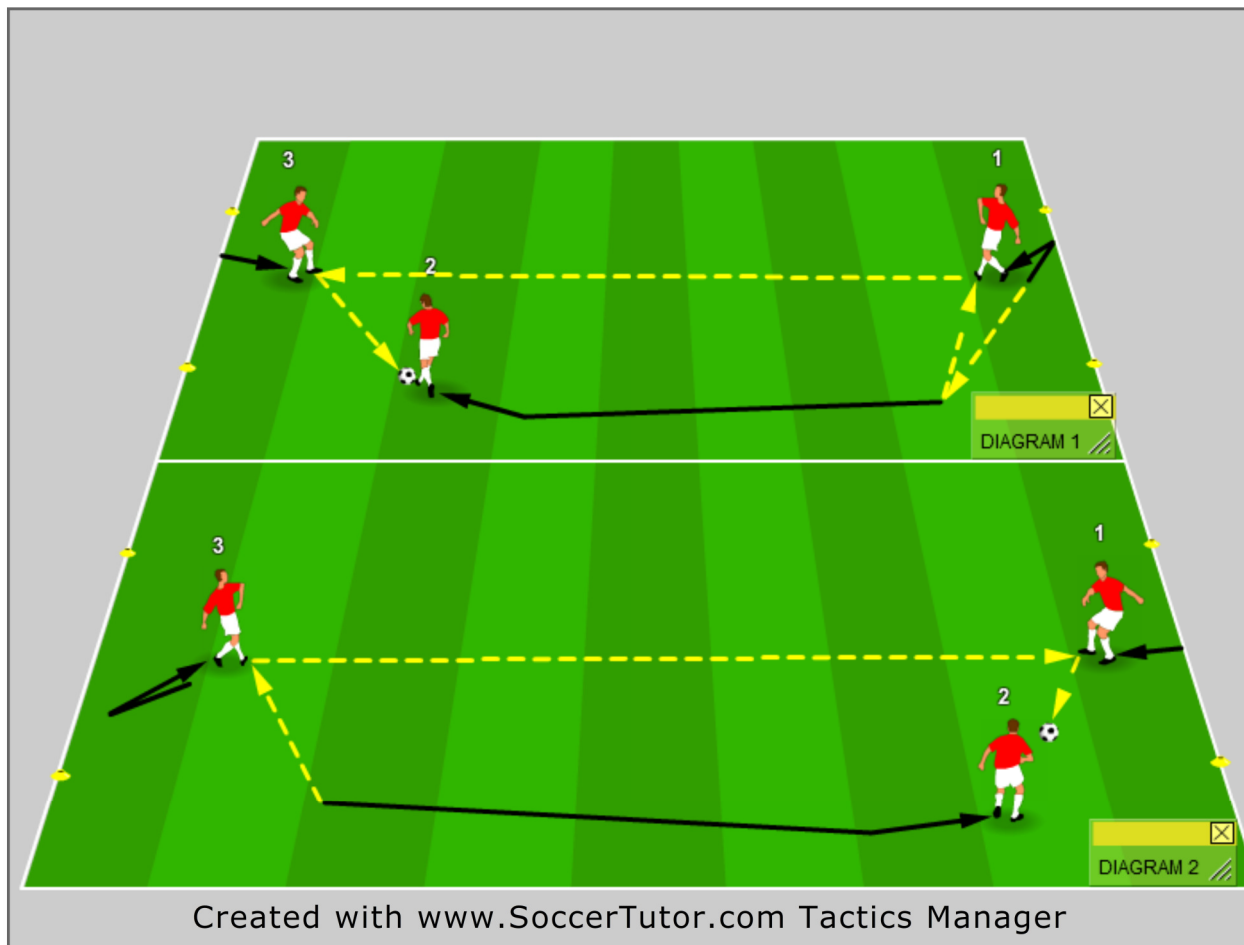


## Conditioning and Technical Passing Practice



**Date:** 18/Jul/2011  
**Time:** N/A : N/A  
**Duration:** N/A  
**Measurement:** 10 x 20 Yards  
**Players:** 3  
**Level/Age Group:** U11 – U14 (Intermediate)

**Description:** This simple passing practice works on many aspects such as technical passing, player awareness, creating space and conditioning. Player starts by passing to player 2 who set the ball back to player 1. Player 1 passes first time to player 3. At this time, player 2 makes a run to receive the pass from player 3. Player 2 sets the ball back to player 3 who passes first time to player 1. The sequence continues...

**Objective:** To develop conditioning while also working on technical passing and player awareness.

**Coaching Points:**

1. Players on the outside should step back 2 paces at an angle to the left or right depending on which foot they want to pass the ball with next.
2. Middle player should receive at an angle and with the back foot to automatically shape the body on the half-turn.
3. Middle player should hold its run until the pass is made between outside players.

**Progression:** 1. See PASSING 2 from SoccerTutor.com Total Team Manager coaching software. All 3 players are rotating.



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](http://www.Soccertutor.com) Tactics Manager Software  
<http://www.soccertutor.com/tacticsmanager>