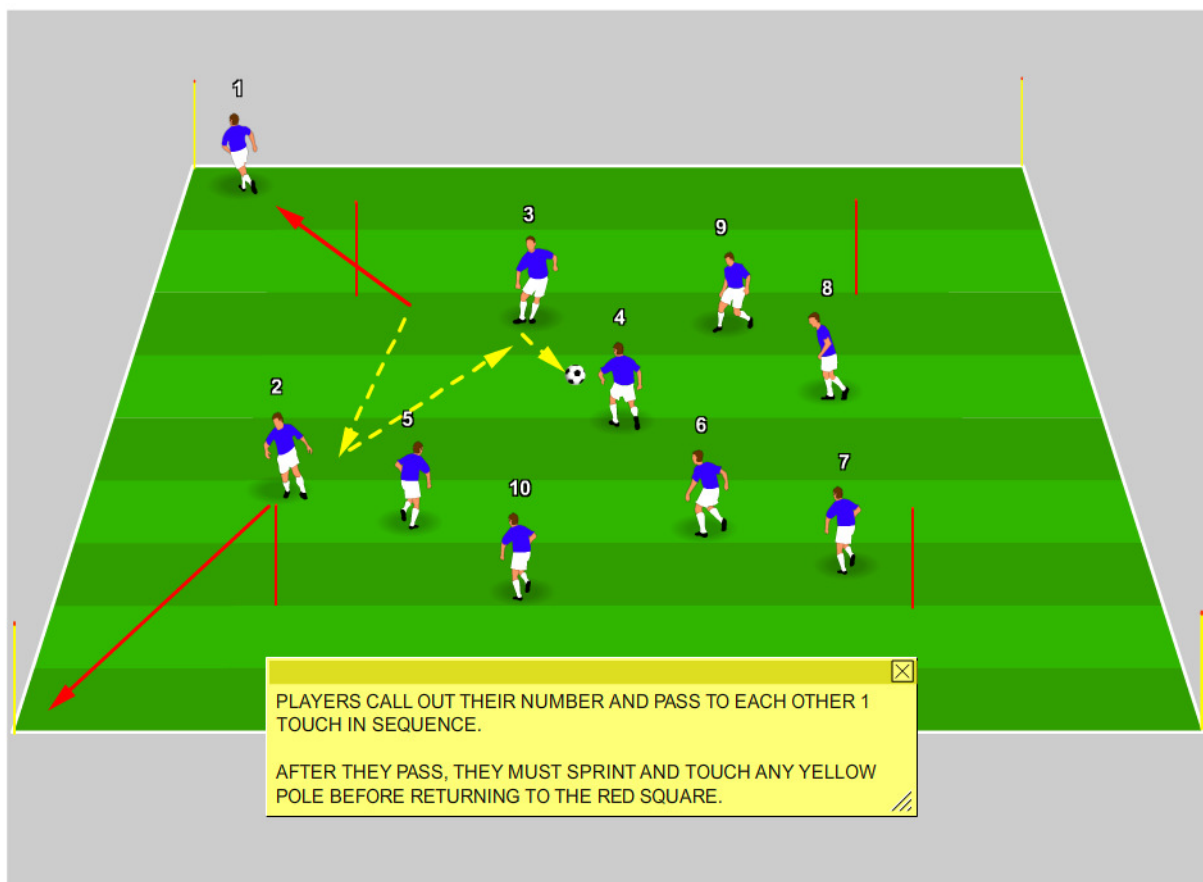


## Pass and Go Conditioning Drill



**Date:** 20 Apr 2010

**Measurement:** 20 x 20 yds

**Time:** .

**Players:** 10+

**Duration:** 4 min

**Level/Age Group:** 8+

**Description:** Set up 20 yard area with a 10 yard square inside it. Number the players 1-10. Player 1 starts the drill by passing to player 2 who then must then sprint and touch a yellow pole and back in the red square again. Player 2 must do the same after passing to player 3 and so on. Players have just 1 touch.

**Objective:** To develop quick play and awareness but at the same time conditioning the players.

**Coaching Points:** 1. Play the way you're facing. 2. Open your body so you can see the whole area and players. 3. Players should always be on moving. 4. Communication is key, players need to call out their number loudly.

**Progression:** 1. Players have to touch a red and a yellow pole. 2. Players take 2 touches, 1 to control and 1 to pass. 3. Introduce another ball, total of 2 balls in the middle.

**Notes:**

# **The Pass and Go Drill was taken from Fit for the Beautiful Game DVD – A Complete Fitness Program for your Team!**

by Roger Spry - **Ronaldinho's fitness coach** and a man who worked alongside Jose Mourinho - former Premiership pro

**Over 80 minutes running time** - try these routines and watch your team take their fitness levels and coordination to a new peak....and it's fun



## **Purchase the book**

Rest of the World Shop:

<http://shop.soccertutor.com/Fit-for-the-Beautiful-Game-DVD-Complete-Fitness-p/dmd-fftbg.htm>

US and Canadian Shop:

<http://shopusa.soccertutor.com/Fit-for-the-Beautiful-Game-DVD-Complete-Fitness-p/dmd-fftbg.htm>

**Diagrams were created using [www.Soccertutor.com](http://www.Soccertutor.com) Tactics Manager Software** <http://www.soccertutor.com/tacticsmanager>