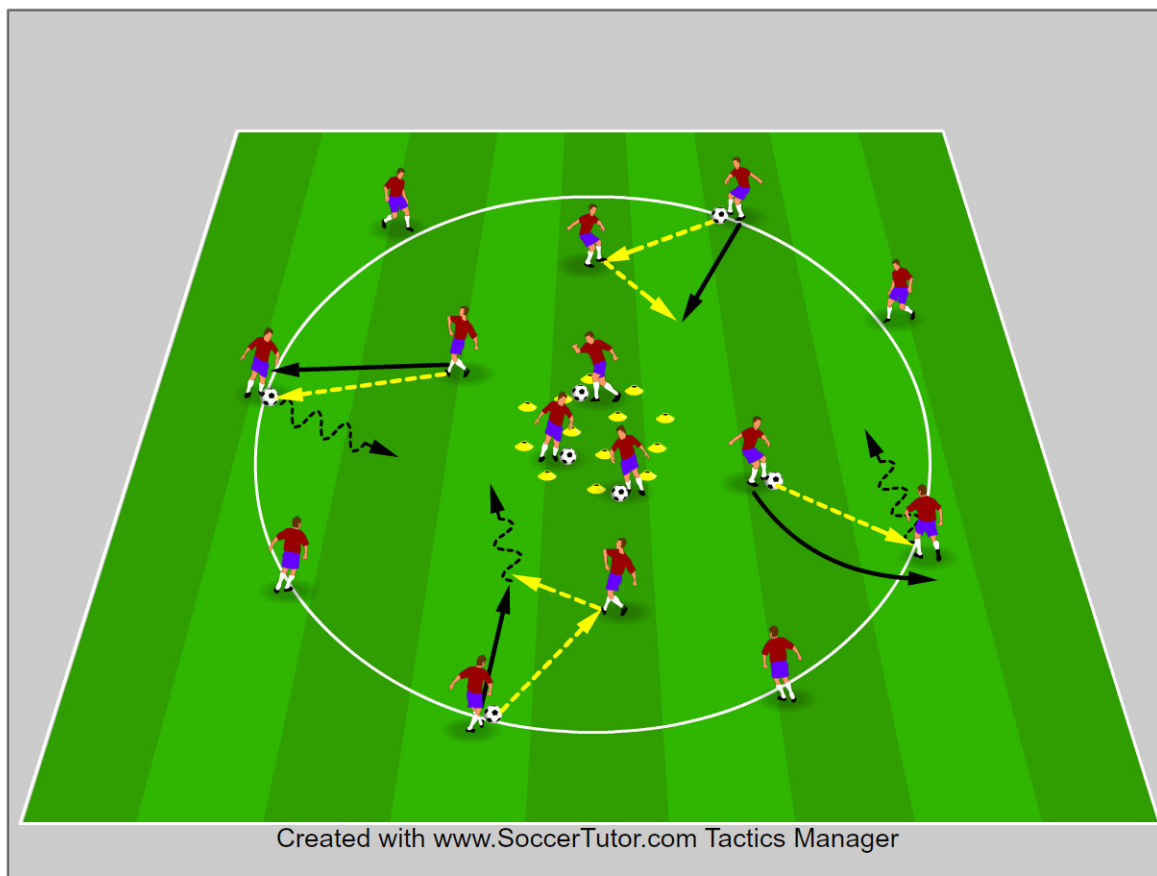


West Ham United - Dribbling, Passing Combination and Awareness Drill



Date:	9/Oct/2012	Measurement:	40 x 40 Yards
Time:	N/A:N/A	Players:	14
Duration:	15	Level/Age Group:	U8 - U18

Description: This practice by Paul Heffer, the West Ham United Academy Director Assistant was taken from WCC Online Magazine Aug 12 issue. Half of the players are in the middle with a ball and the rest around the outside. There are 12 disc cones scattered in the centre of the area. Players have to dribble through the centre of the area before passing to a receiver on the outside who takes their first touch away from the pressure into the space. See progression.

Objective: To Develop Dribbling, Passing, Combination. communication and Awareness.

Coaching Points:

1. Move quickly through the cones with close control of the ball.
2. Keep your head up and be sure you're passing to a player without a ball.
3. Receive the ball to one side or the other.
4. Open up the body and receive the pass with the back foot

Progression: The passer opens up to one side or the other of the receiver who then plays a give-and-go with the passer and enters the middle.



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

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