

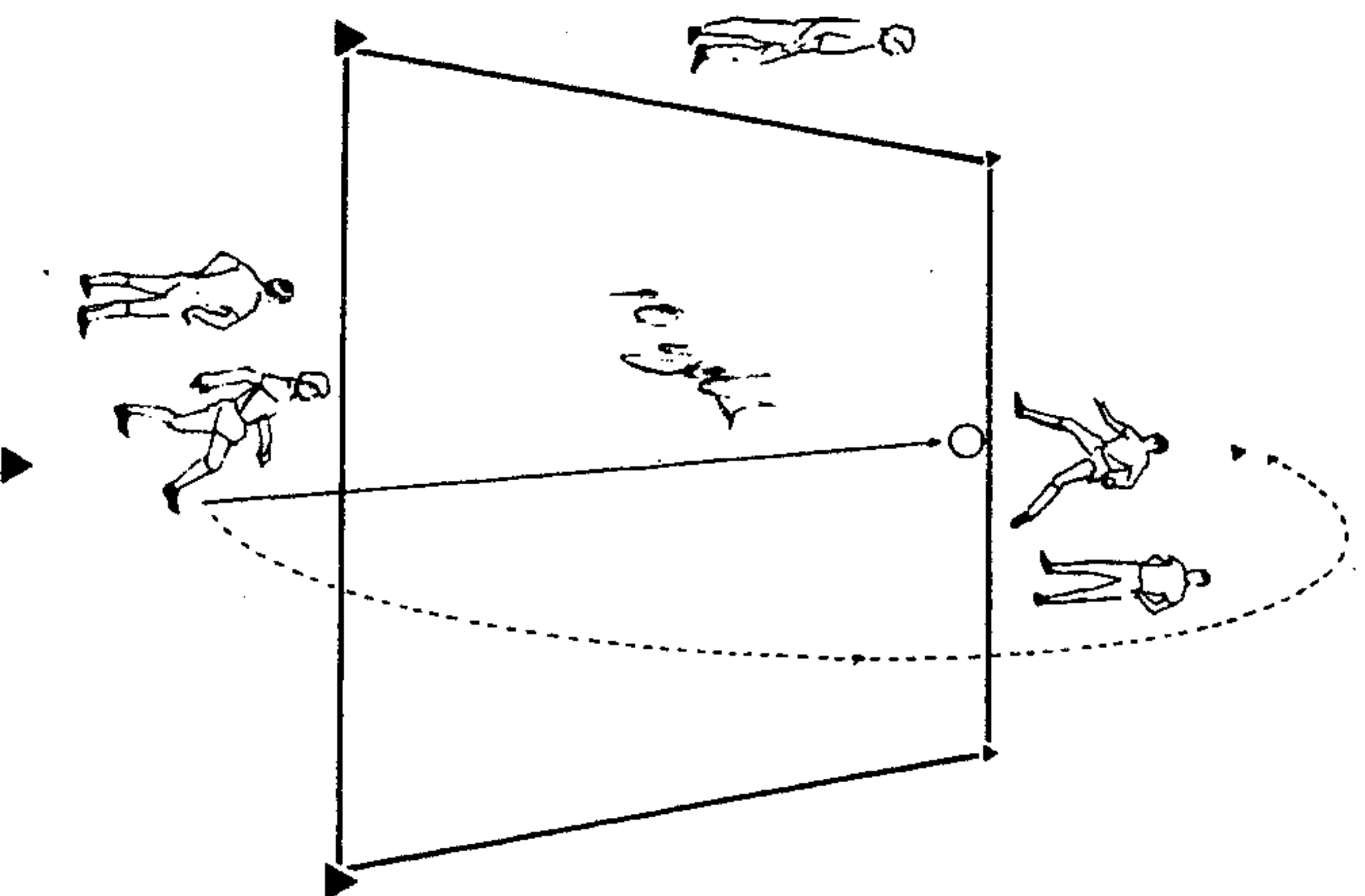
# A CONTROL AND PASSING



## SHUTTLE DRILL

### Purpose

To develop short/medium/long-range passing techniques and ground/aerial control.



### Procedure

The squad splits into smaller groups on an area 20 x 20yds (longer for long passing). Players line up in two files facing each other, with the first player on one side with a ball at his feet. He proceeds to pass it directly across to the first player on the other side, following in the same direction to join the back of the line and await his next turn. The player receiving the ball controls it and passes it back across to the next player on the opposite side; he also follows the ball to join up at the rear of the line, and so the sequence continues. Each player must not run directly in the same line as his pass, otherwise he will block the next pass; he should run wide outside the line of the ball.

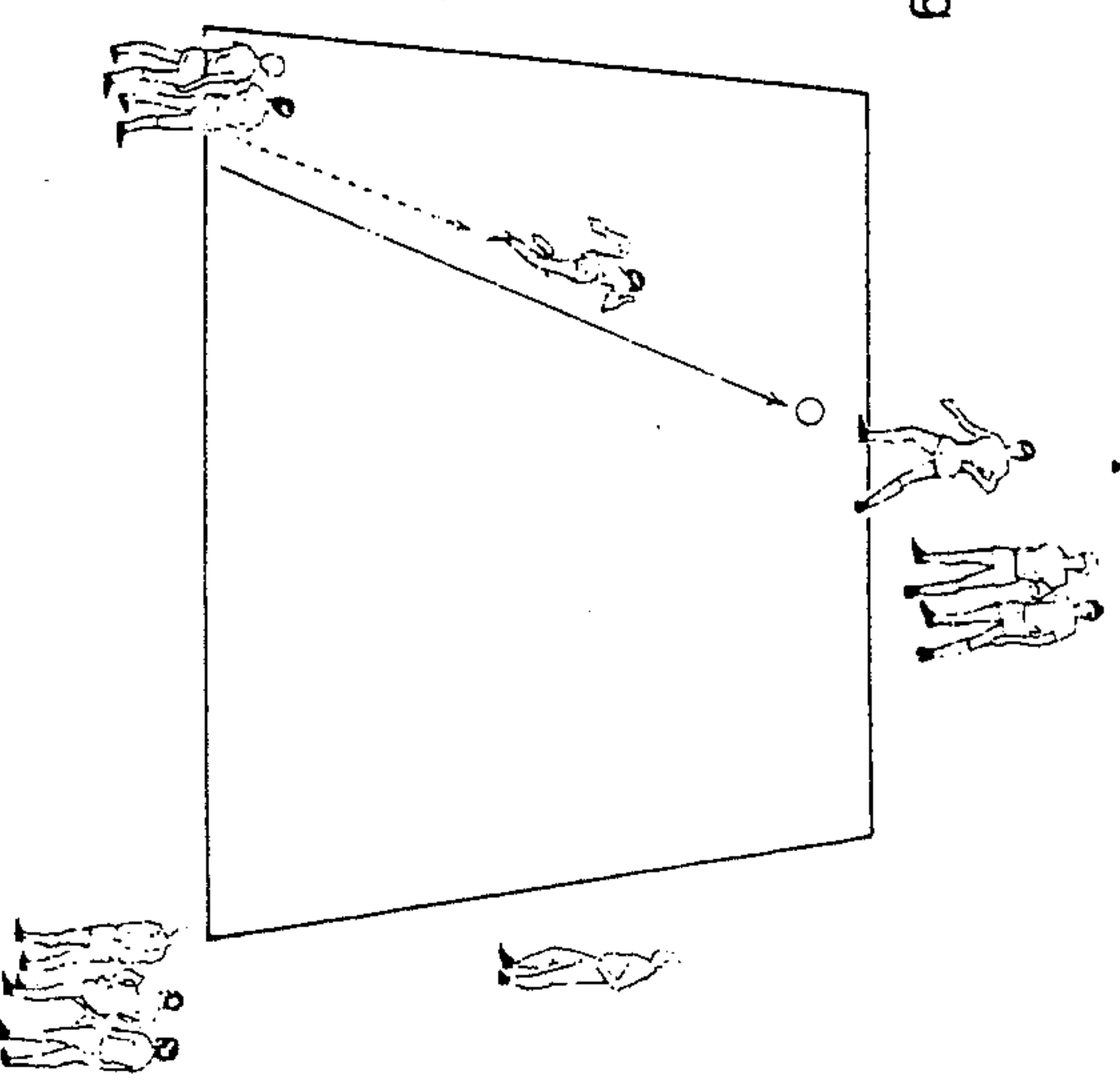
### Development

- ⚽ Condition play to 'two-touch' and then 'one-touch' soccer and record which group achieves the most accurate passes in a given time period.
- ⚽ The area may be widened or lengthened; players can perform other techniques, such as instep pass, chipped pass, chest control or bended pass.

## TRIANGLE DRILL

### Purpose

To develop basic reverse passing and controlling techniques.



### Procedure

The squad splits up into three groups and each group stands at a cone; only one player has a ball at his feet. These cones are approximately 20–50yds away from each other in a wide-angled triangle. There are also three markers to form a bigger triangle a further 15–20yds away; one player from each group should stand at a flag with a ball at his feet. On the signal, the player with the ball at the cone passes it to either of the first players positioned at the other two cones, follows the ball past the player who is receiving his pass and approaches the 'static' player at the marker, who plays a 'one-two' pass with him. The player then goes to the end of that team's line to await his next turn. Each player must control the ball to face another line before passing and following it for a one-two with the player at the marker.

### Development

- ⚽ Count the number of successful passes in a given time period.
- ⚽ Condition play to one- or two-touch control and passing.
- ⚽ Impose set techniques, such as chip pass, chest or outside of foot control or passing.
- ⚽ Introduce another ball to increase pressure on the players: the two balls should be kept in motion.