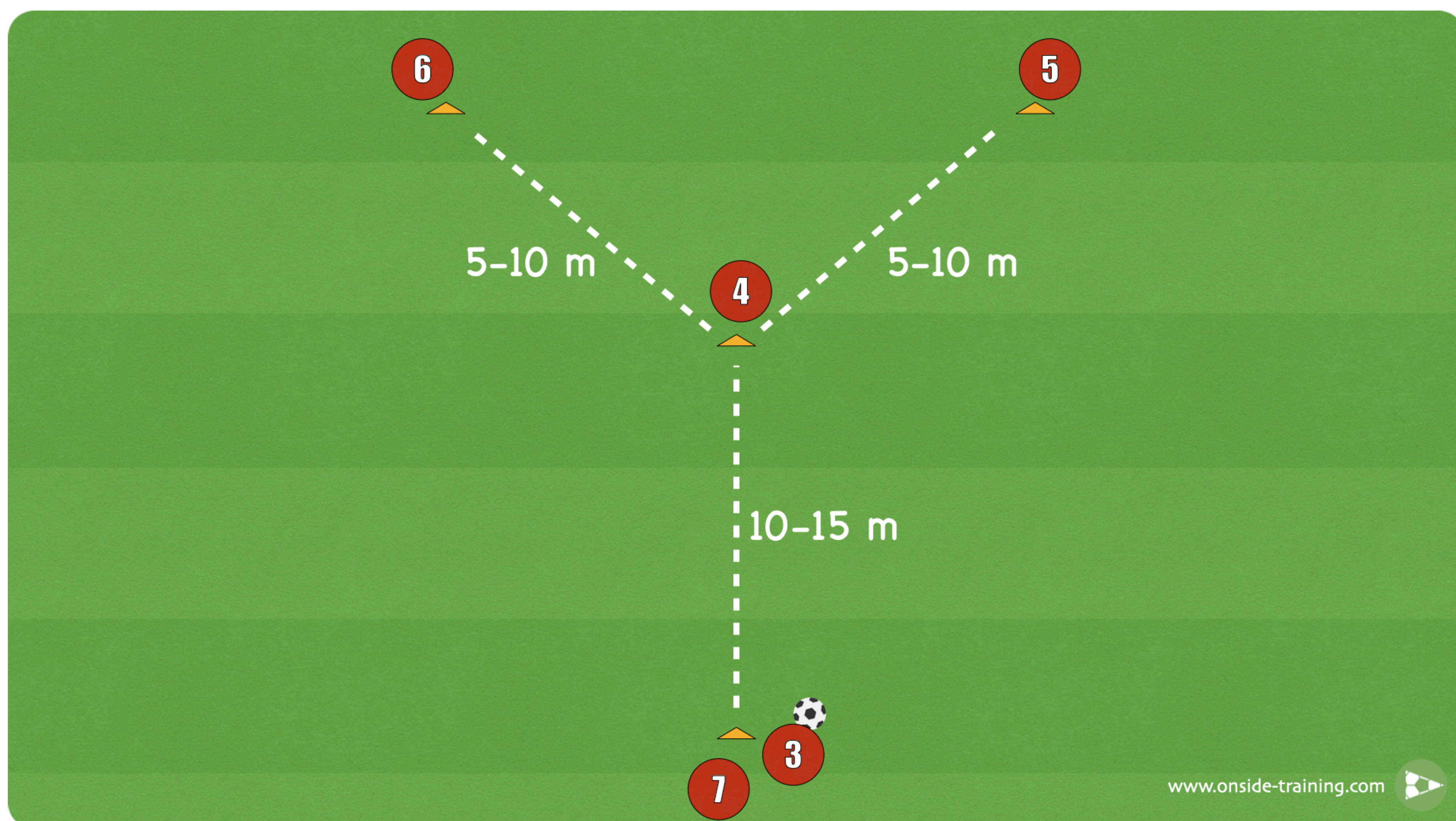


Y PASSING DRILL

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Setup:

- Position four cones in a “Y” shape, maintaining a distance of 10-15 meters between the first two cones and 5-10 meters from the center to the two wing cones. (The exact distance between the cones can be adjusted to suit the age and skill level of your players)
- Assign a player to each cone and line up the remaining players behind the starting cone.
- Use one ball at each “Y”.



Why Use This Drill?

The Y passing drill is a dynamic football/soccer drill designed to help players' passing skills, ball control, and teamwork.

This exercise, suitable for all ages and skill levels, involves players forming a Y shape on the field. It promotes quick and precise passes while emphasising player movement and positioning.

The Y Passing Drill is an excellent addition to any training session, helping players develop their skills and on-field coordination.

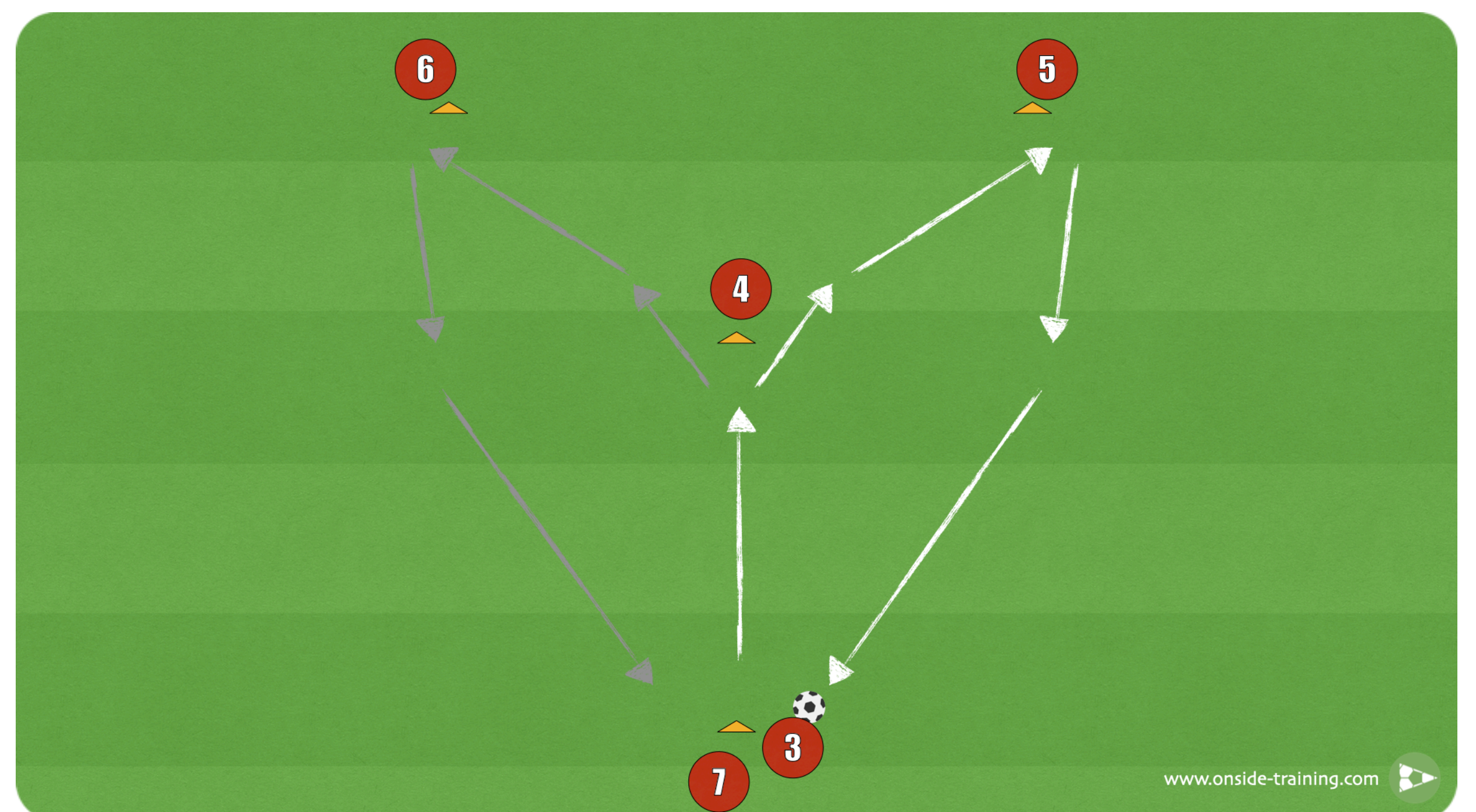


Y PASSING DRILL

1. Variation:

In this variation, the first player passes to the center player. The center player has to decide whether to move left or right. With a controlled first touch and a pass, the center player then sends the ball to one of the players on the wings. The wing player takes 1-2 touches as they move downward before passing the ball back to the starting point.

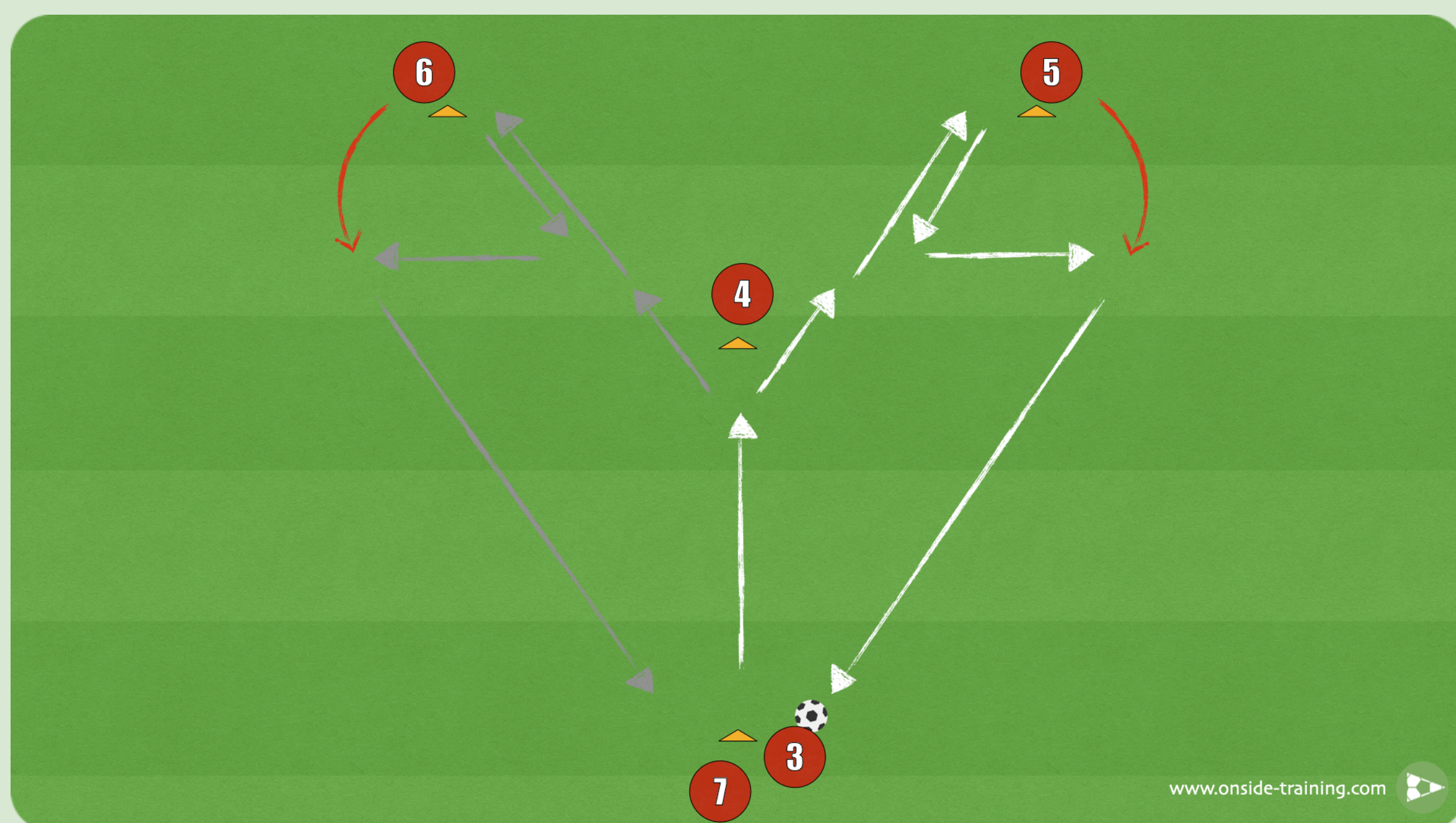
All players involved rotate one position.



2. Variation:

In this variation, the first player passes to the center player. The center player has to decide whether to move left or right. With a controlled first touch and a pass, the center player then sends the ball to one of the players on the wings. The winger now makes a one-two passing with the center player before passing the ball back to the starting point.

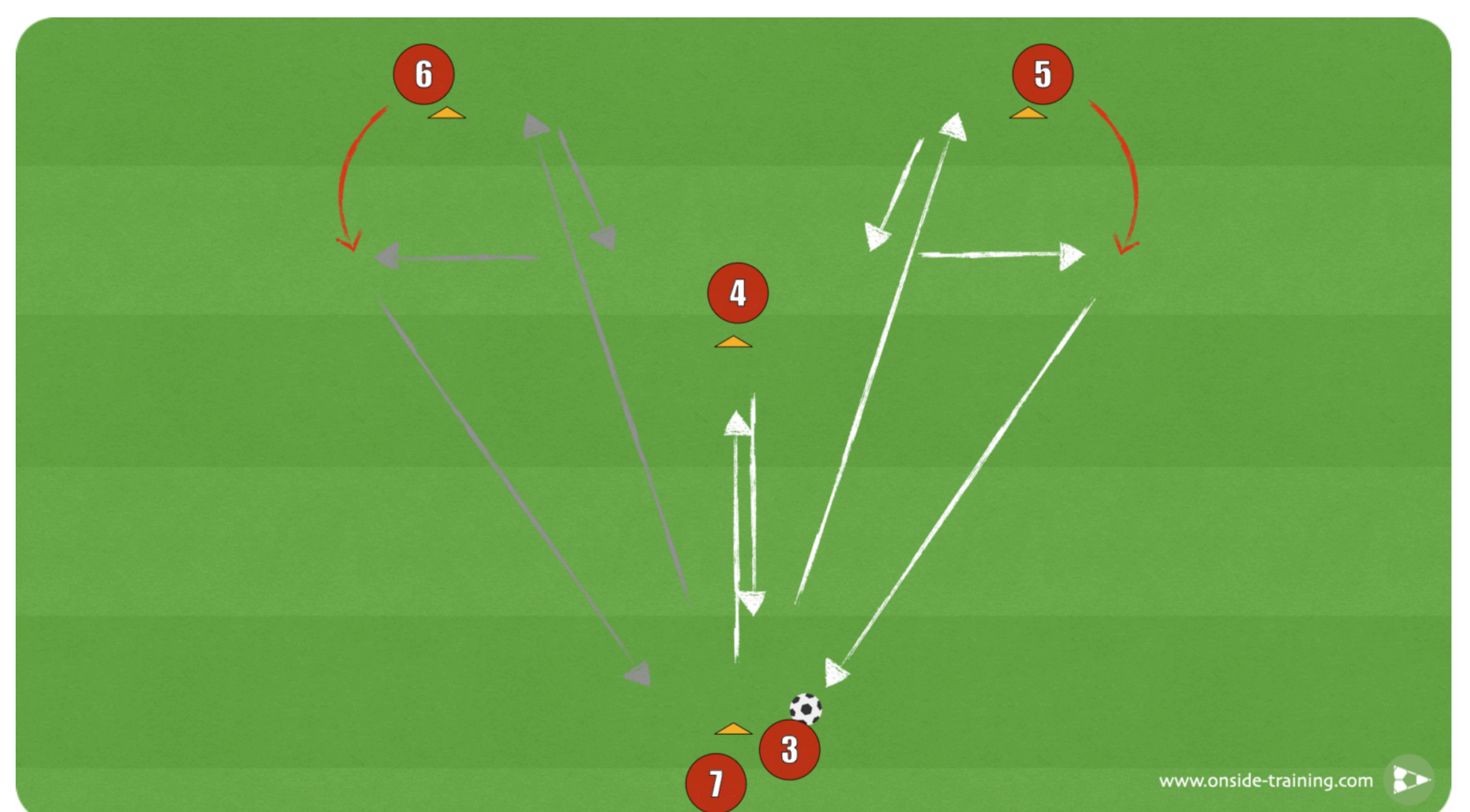
All players involved rotate one position.



3. Variation:

In this variation, the first player makes a one-two pass with the center player. The starting player now sends a long ball to one of the wingers. The winger now makes a one-two passing with the center player before passing the ball back to the starting point.

All players involved rotate one position.



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