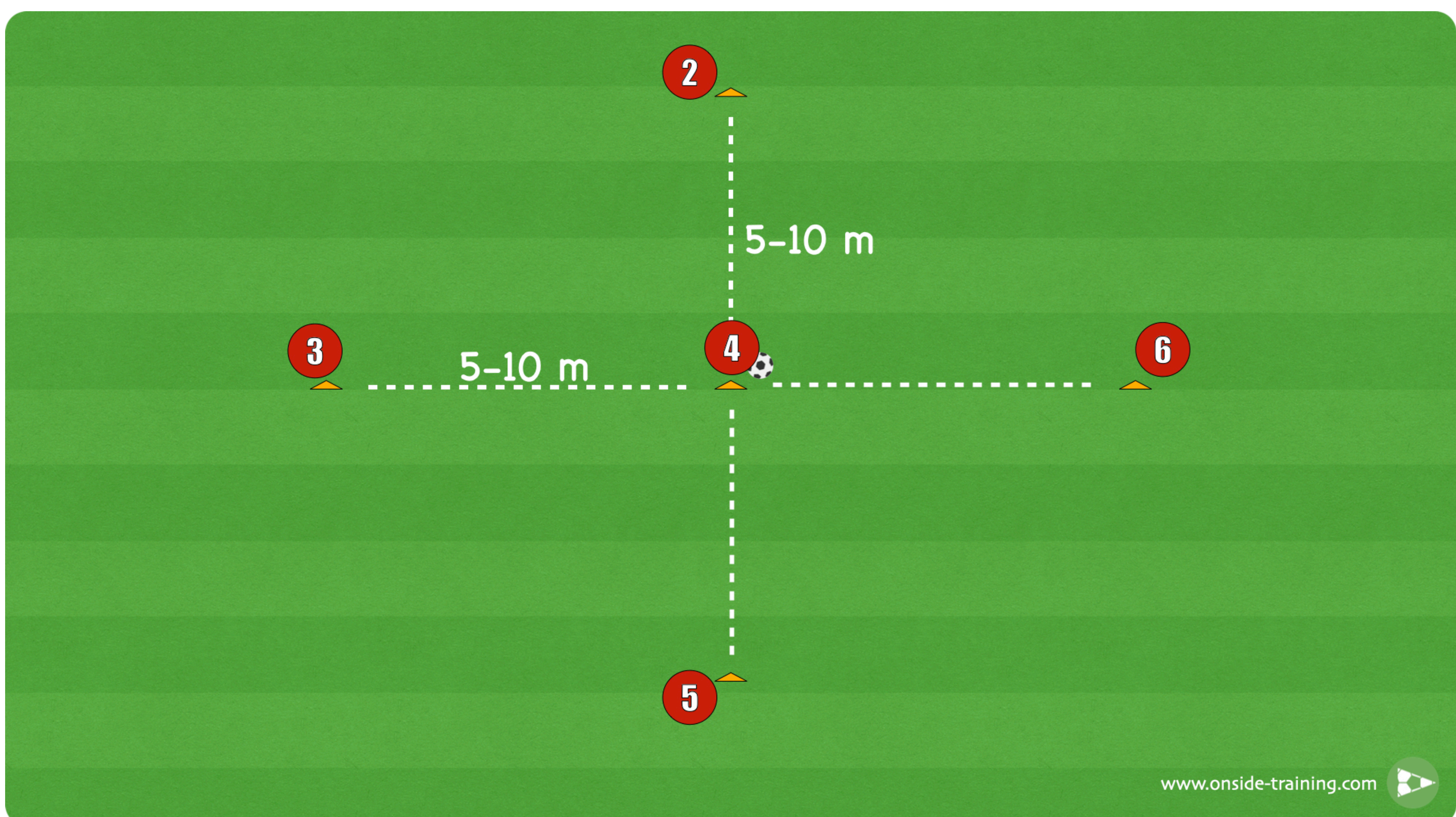


# “+” SHAPE PASSING DRILL

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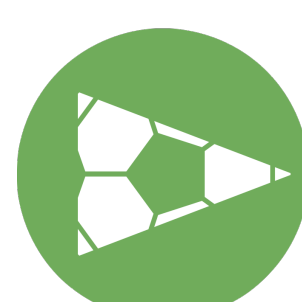
## Setup:

- Create a “+” shape with 5 cones, ensuring that the outer cones are placed between 5-10 meters from the middle cone.
- Position a player at each cone.
- Adjust the distance between players based on their age and skill level.

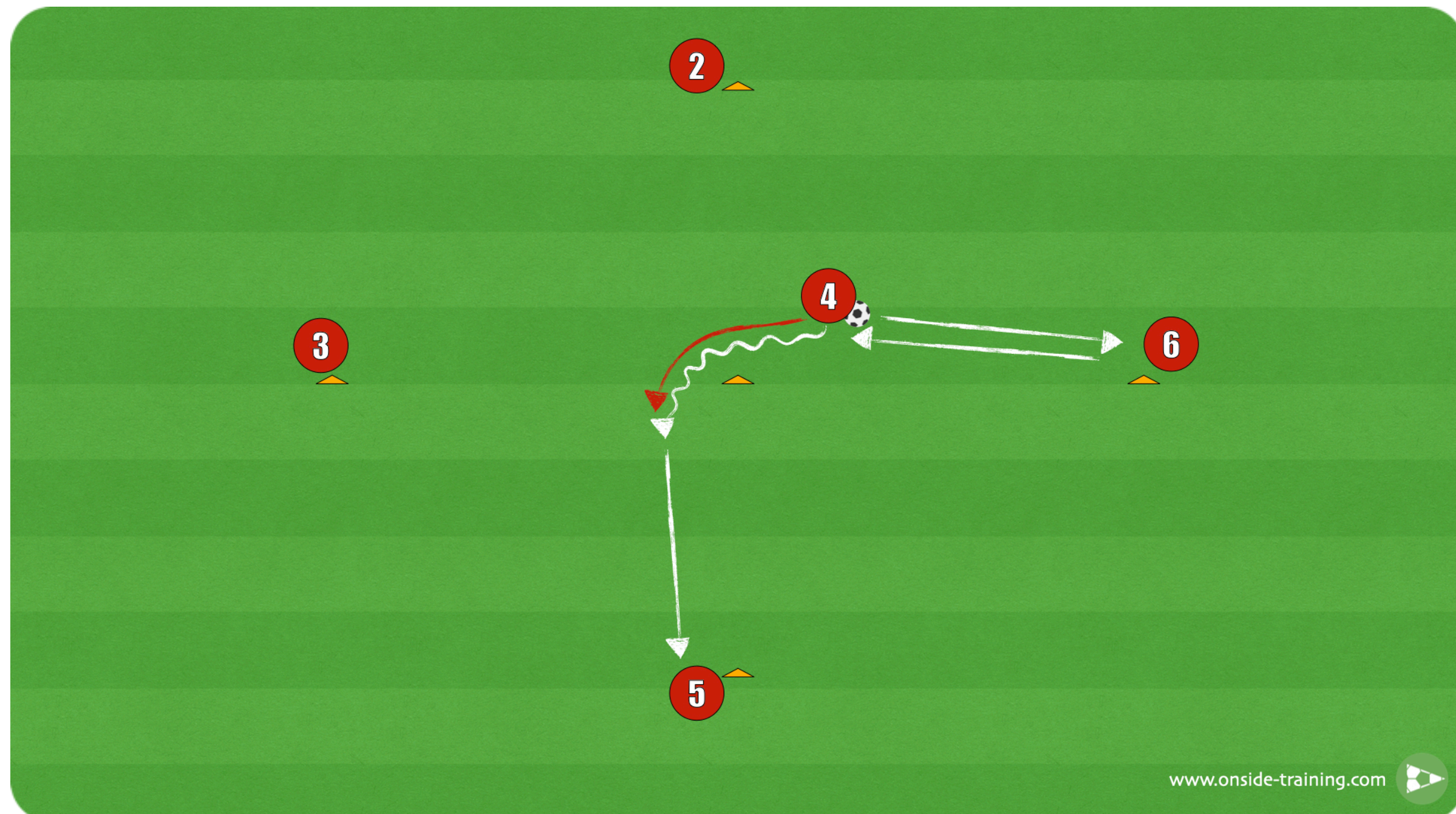


## Why Use This Drill?

The “+” Shape Passing Drill goes beyond just passing; it also incorporates dribbling and first-touch skills. This makes it an excellent way to combine these three elements into a single drill. The drill is easy to understand, and with three different variations, it becomes engaging and enjoyable for the players.



# “+” SHAPE PASSING DRILL

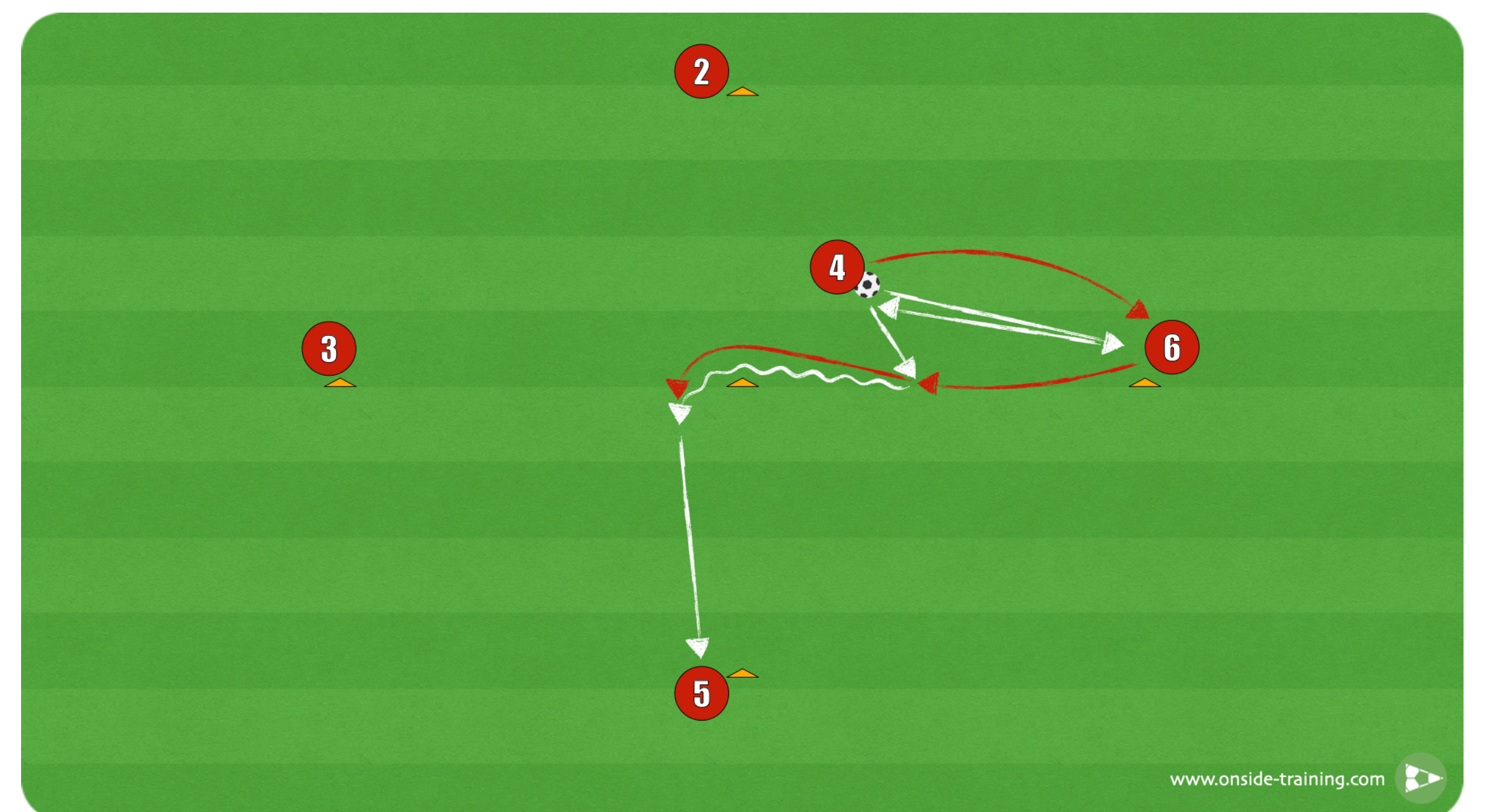


## 1. Variation:

The middle player begins with the ball, dribbles out to one of the outer players, and executes a one-two passing combination. Afterward, the middle player takes the ball around the middle cone and moves out to a new player. Rotate the player in the middle every 1-2 minutes.

## 2. Variation:

The middle player starts with the ball, dribbles out to one of the outer players, and makes a one-two passing combination. They then switch positions, with the outer player moving into the middle and finding a new outer player.



## 3. Variation:

The ball begins with one of the outer players. The ball is passed to the middle player, who takes a directional first touch and passes to a new outer player. The initial outer player and middle player switch positions, ensuring there's always a new player in the middle after each passing sequence.

