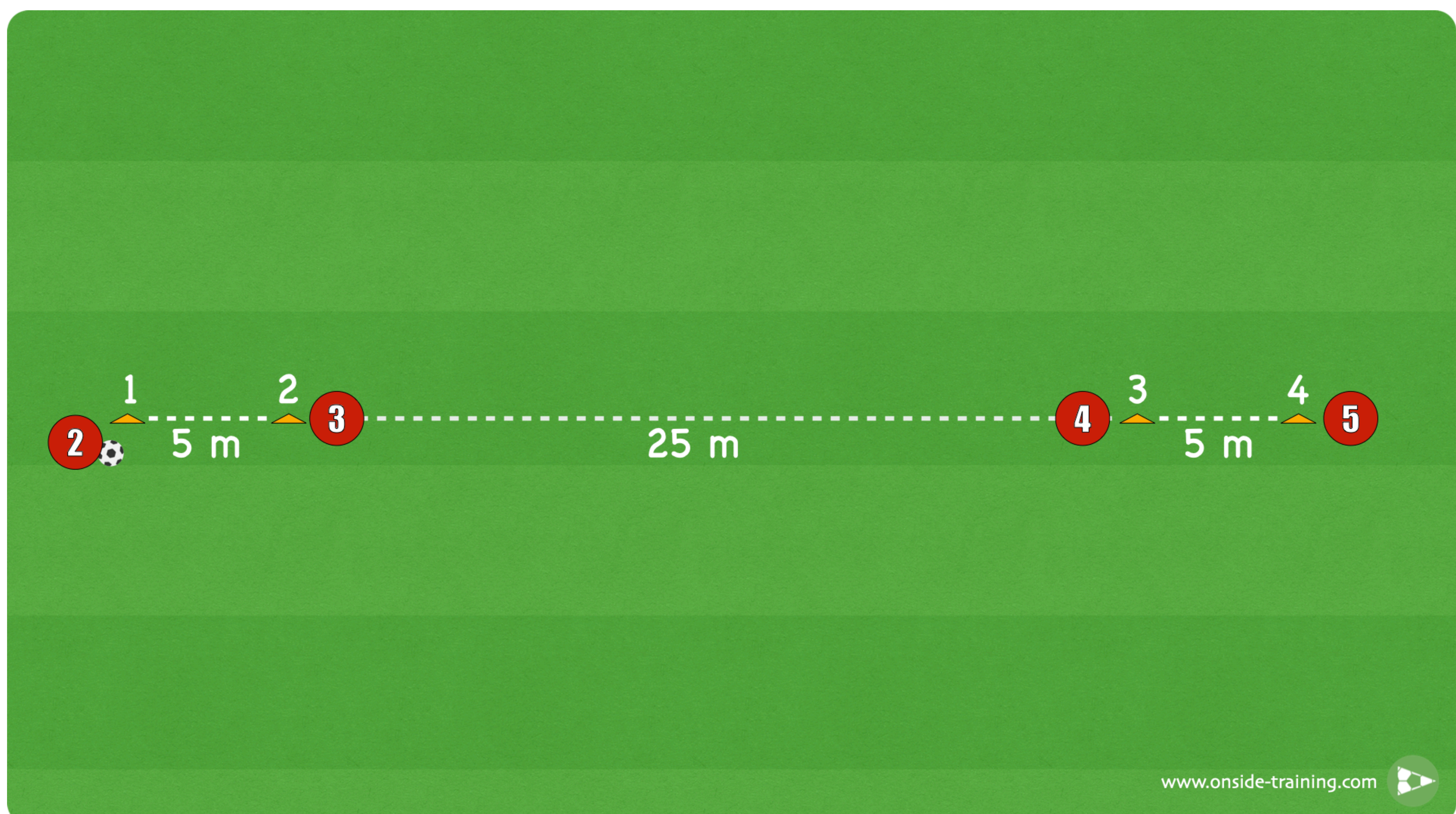


AERIAL AND LONG PASSING DRILL

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Setup:

- Position 4 cones in a straight line.
- Maintain a distance of around 5 meters between cones 1 and 2, 25 meters between cones 2 and 3, and another 5 meters between cones 3 and 4.
- Place players at all cones and a minimum of 1 extra player at each end cone.
- Adjust distances between cones based on the age and skill level of the players.



Why Use This Drill?

This Aerial and Long Passing Drill combines aerial, long and short passing while working with ball control as well, offering a comprehensive approach to these essential skills. Aerial and long passing are crucial aspects of the game, providing players the ability to swiftly switch play, move the opposition, and create new build up opportunities. The drill helps players in developing these skills alongside short passing, ball control, and movement, featuring different variations to accommodate diverse skill levels.

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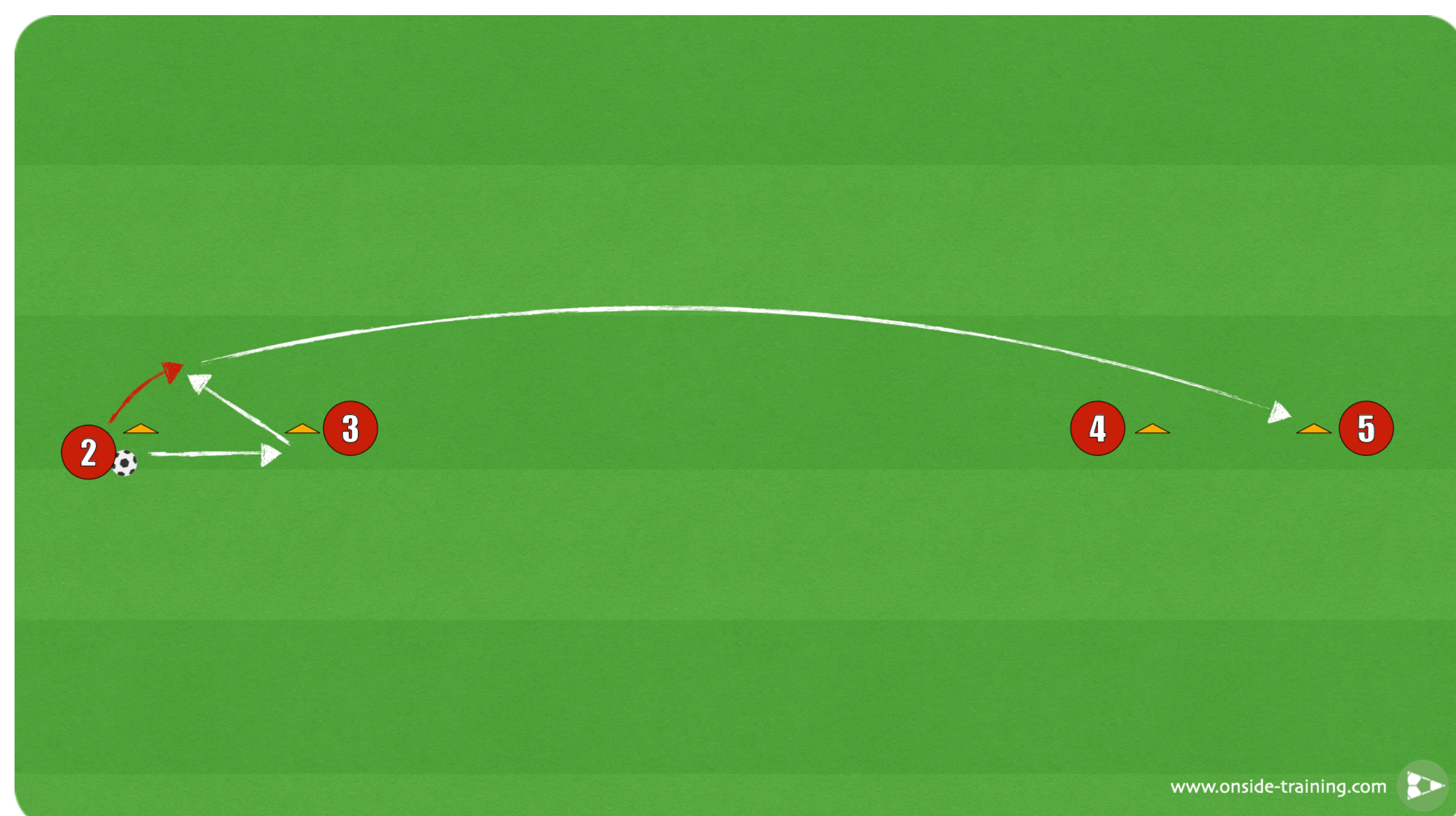
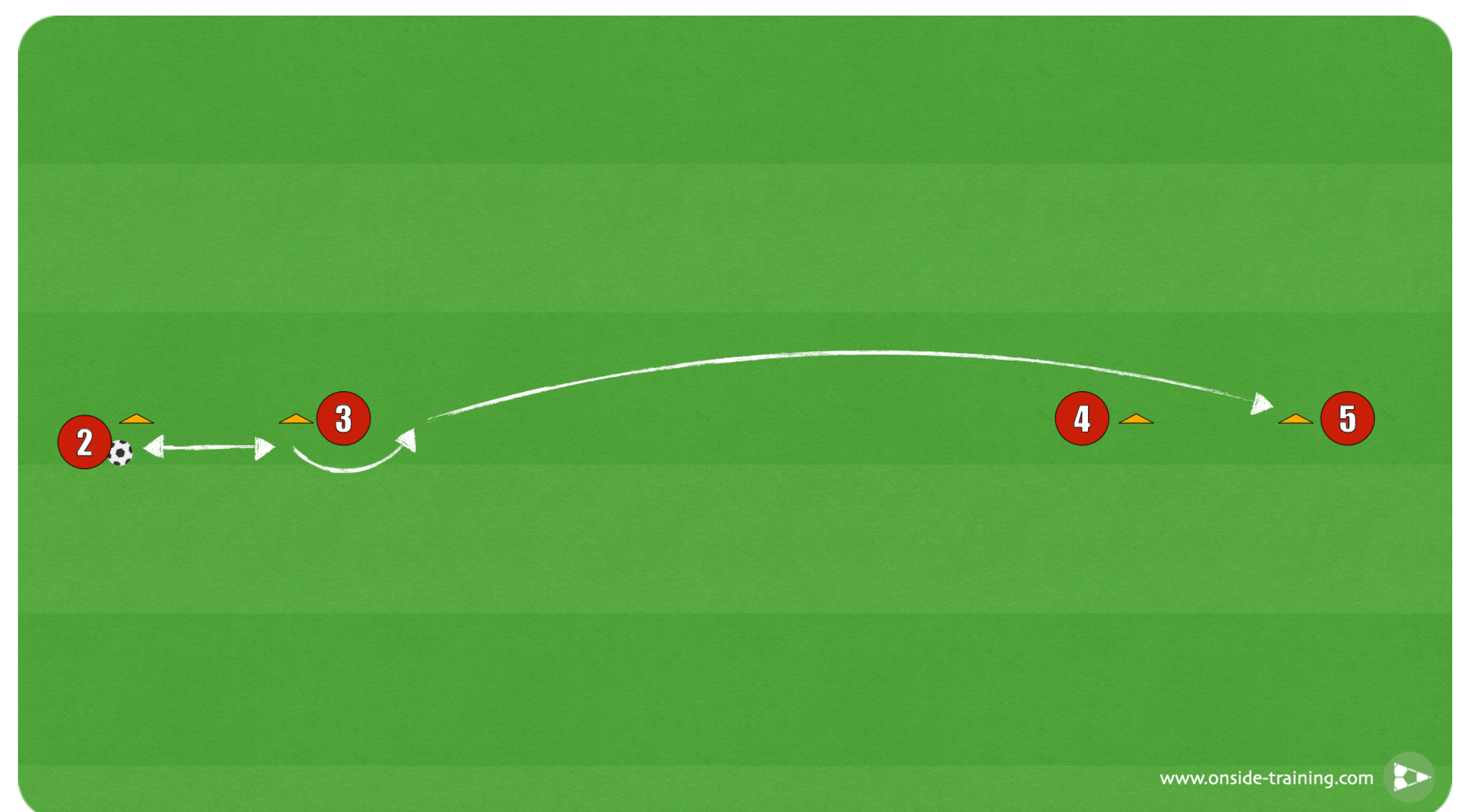
AERIAL AND LONG PASSING DRILL

How It Works?

Players should focus on delivering strong and accurate passes with control. Aim for a maximum of 2 touches then receiving a long ball and emphasizing first-time passing on shorter passes. After passing, players rotate, with the player at cone 1 moving to cone 2 and the player at cone 2 goes back in line on the other side. The same rotation occurs on the other side.

Short Passing And Turning:

Starts with a few short passes between the first two players. Player 2 at cone 2 then makes a turn on the cone and sends an aerial pass to player 4 at cone 4. Repeat the variation on the other side.



One-Two Passing Combination

Start with a one-two passing combination between the first two players with player 1 at cone 1 moving slightly out to either side. After that, player 1 at cone 1 makes an aerial pass to player 4 at cone 4. Repeat the variation on the other side.

Third Man Passing Combination

Starts with a one-two passing combination between the first two players with player 1 at cone 1 moving slightly out to either side. Player 1 at cone 1 passes to player 3 at cone 3, who moves closer to receive the ball. The ball is then laid off for player 2 at cone 2, who sends an aerial pass to player 4 at cone 4.

