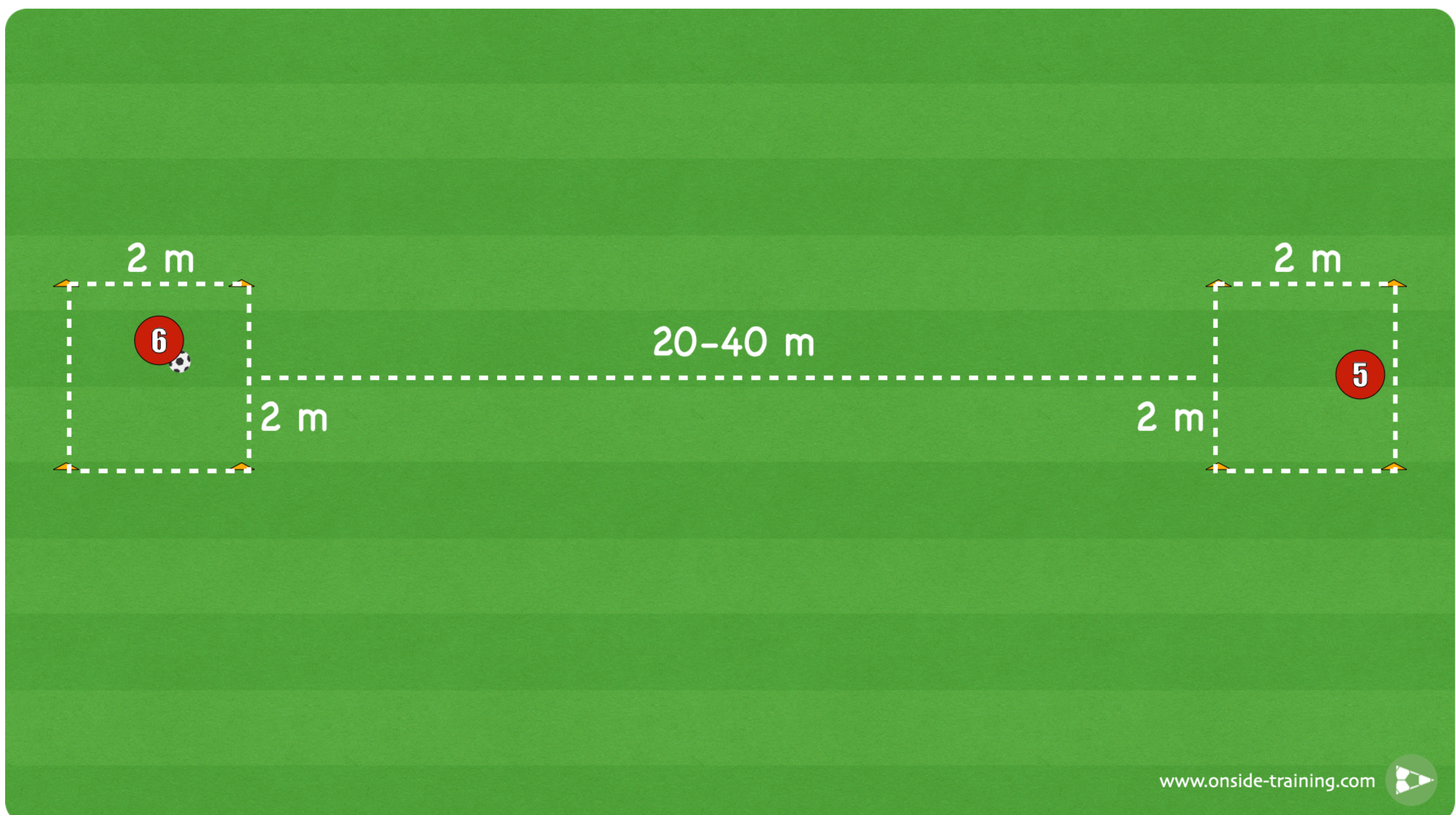


LONG PASSING AND CONTROL DRILL

www.onside-training.com

Setup:

- Create two small 2x2 meter squares with a distance of 20-40 meters between them.
- Position one player in each square with a ball for the two players.
- Adjust the distance between players based on their age and skill level.



Why Use This Drill?

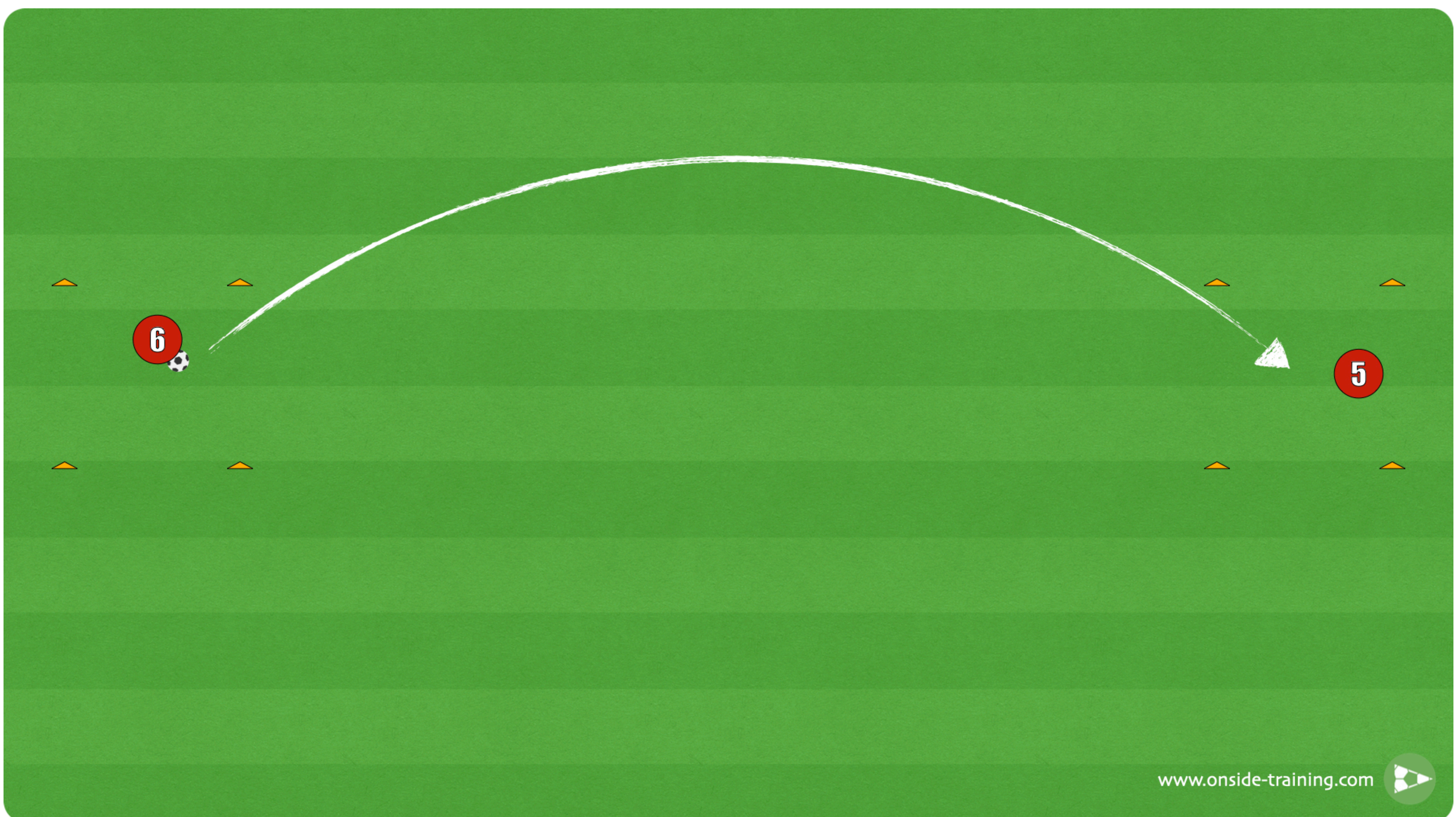
The Long Passing and Control drill is a simple and enjoyable way for players to practice making long passes in matches and improving their first-touch control when receiving a long pass. The competitive element adds a fun aspect to the drill and fosters enjoyment among the players.



LONG PASSING AND CONTROL DRILL

How It Works

The two players facing each other in the squares pass to each other with a long pass. If the players can control and receive the pass inside the square area, they earn a point. The two players can compete against each other, or they can pair up and compete against another duo from the team. The first player or duo to reach 5, 10, or 20 points wins. As a penalty for losing, the losing players can do 10 push-ups or any other physical exercise that suits your team best.



www.onside-training.com

Copyright 2024 © Onside - Training. All Rights Reserved

