

BARCELONA PASSING DRILL BY HANSI FLICK

 Players: +8	 Time: 20 min	 Focus: Passing	 Age: U13+	 Intensity: 5/10
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SETUP

- Mark out two mirrored cone diamonds, one per half either side of halfway, with cones 10-15 meters apart and a small goal outside each diamond.
- In each diamond place a feeder with balls by the goal, a player on each side cone, and two central player - min. 8 players in total.
- Adjust the distances between cones based on the players' age and skill level.

KEY POINTS

The Barcelona Passing Drill by Hansi Flick runs both diamonds at once. The feeder starts a first-time one-two, the ball is worked around the diamond, and finishes clinically into the small goal. The two diagonals cross through the middle as both sides work simultaneously. Call "max 1 or 2 touches" to control the tempo. The drill develops first-time passing, movement, switching the play and finishing under pressure.

