

3 PLAYER PASSING DRILL



Players:
+3



Time:
10-15 min



Focus:
Passing



Age:
U8+



Intensity:
3/10

SETUP

- Arrange the cones in a straight line as shown in the setup image, with a 2-3 m gate at each end and a cone in the middle.
- Involve a minimum of 3 players: one starting with the ball and one at each end of the cone line.
- Adjust the distances between cones based on the players' age and skill level.

KEY POINTS

The 3 Player Passing Drill is a simple passing and dribbling exercise for beginners and young players. In the first variation, the player on the ball takes a controlled first touch through the two closest cones, dribbles out and plays a pass to the player at the far end, who repeats the sequence back. In the second variation, the ball is played first time, with a one-two combination before it travels back down the line.

