

THE “XAVI” MIDFIELDER DRILL


Players:
+4


Time:
10-15 min


Focus:
Passing


Age:
U8+

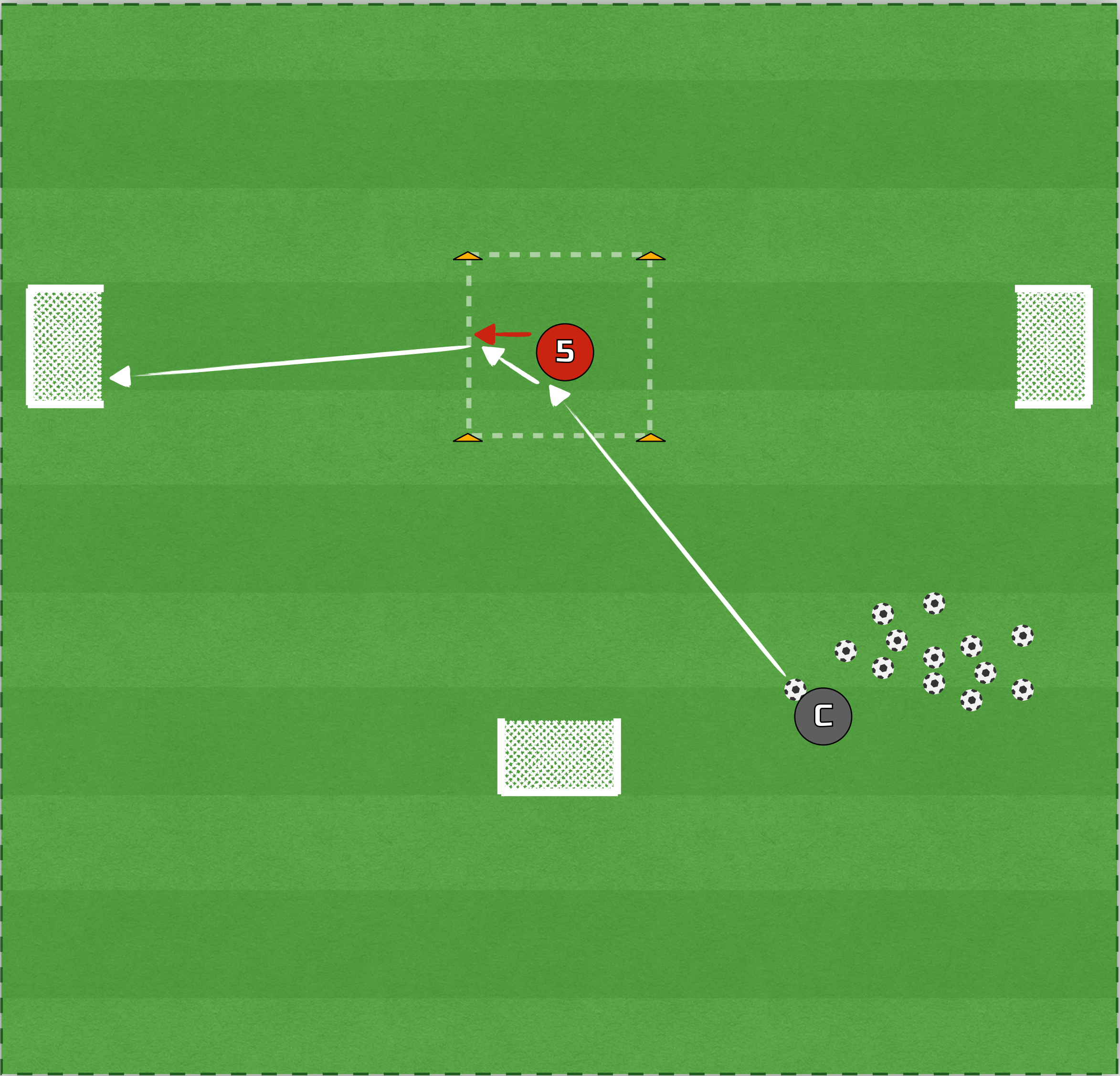

Intensity:
3/10

SETUP

- Arrange 4 cones in a line, 5-10 meters apart, with one player at each cone.
- Optionally replace the 2 middle cones with man-markers if available.
- Adjust the distances between cones based on the players' age and skill level.

KEY POINTS

The Barcelona Line Passing Drill is a simple, possession-based passing exercise built around movement. The two central players shift off their markers to open passing angles on either side, while the outer players feed the ball up and down the line. Work through the short-pass, long-pass and one-two variations, rotating players every few minutes. The drill develops first touch, passing accuracy, spatial awareness and the habit of adjusting runs to a teammate's movement.



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