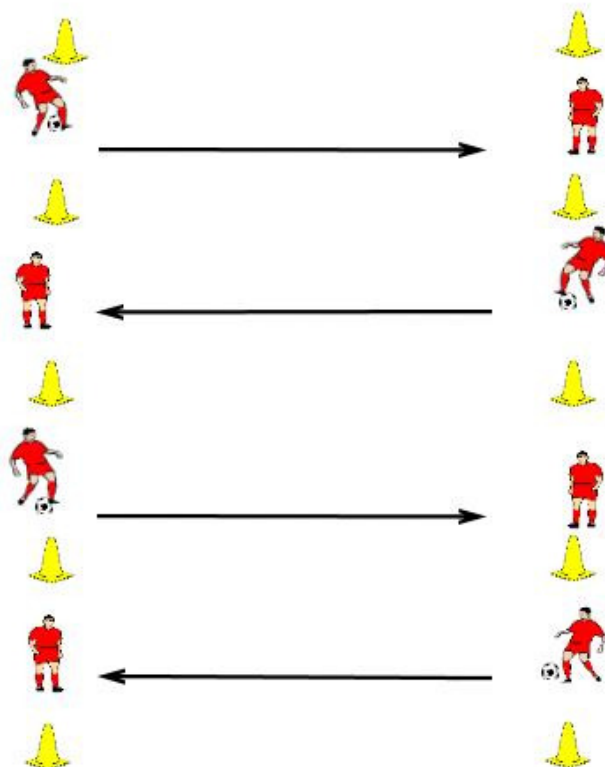


**Topic:** Techniques  
**Drill Name:** 1 Touch Passing

**Age Group:** U/8 to U/9

**Objectives:** Technique exercises that improve both feet and comfort on the ball through passing and receiving exercises.

**Diagram:**



**Description:** Players stand 1 to 5 meters apart and using their right and left foot, pass the ball using one touch to their partner.

**Progressions:** Increase the distance of the pass

**Coaching Points:** Players always on their toes, waiting for the next pass, with the pass along the ground using the inside of foot.