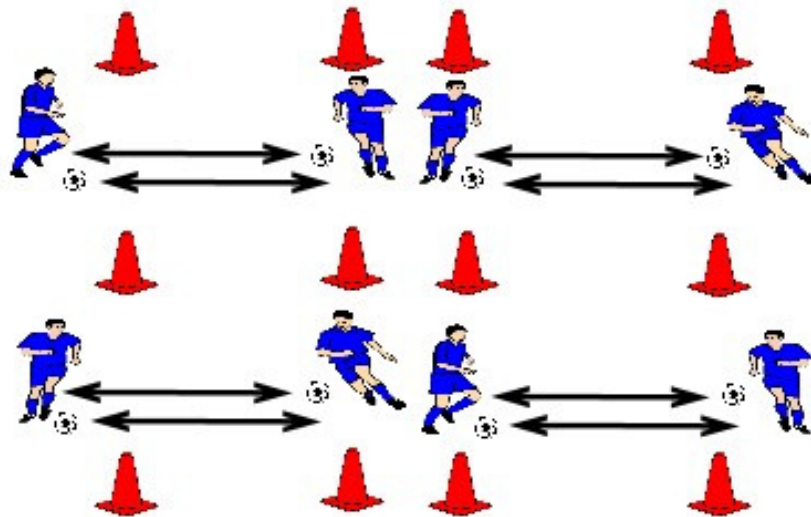


**Drill Name: 2 Balls 1 Touch**

**Age Group: U10/11**

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

**Diagram:**



**Description:** Players stand 2 metres apart with a ball each. Both players pass their ball using the opposite foot to their partner. They then play a one touch pass back with their other foot. Each ball should always remain on the same side of the player.

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

**Coaching Points:** Attempt to get players looking up as much as possible and avoid them chasing balls all over the area.