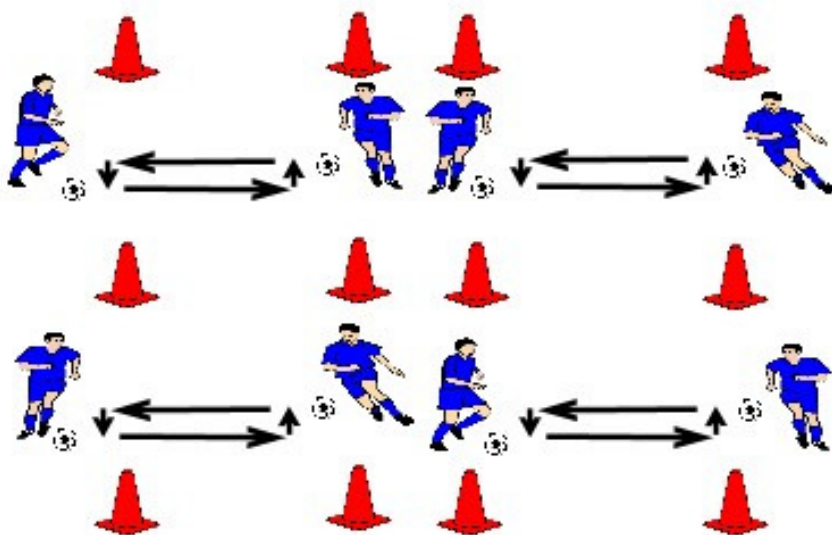


Drill Name: 2 Balls 2 Touch

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 same foot to their partner. They then receive with their other foot and transfer the ball with a touch back to their passing foot. Make sure players practice the activity passing with both feet.

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.