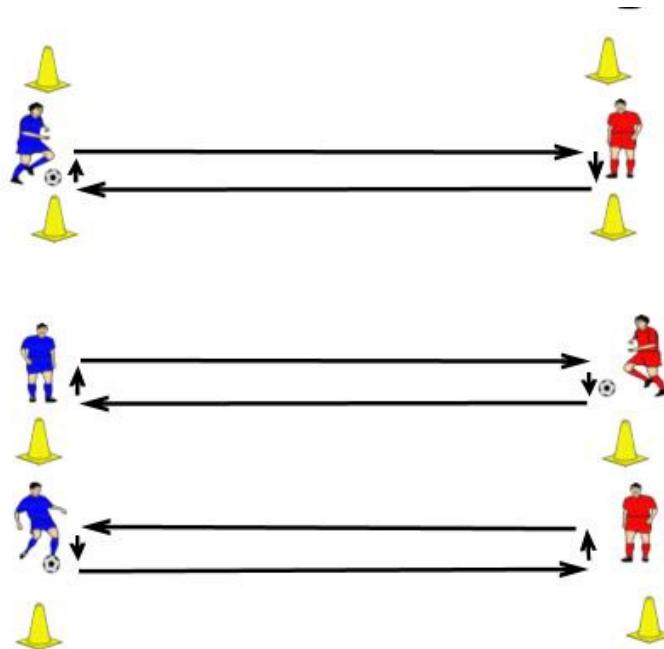


Drill Name: 2 Touch Passing -
Inside of Foot

Age Group: U/7 to U/9

Objectives: Basic passing technique practice under no pressure.

Diagram:



Description: Players start 1 to 5 meters apart. Player (A) starts by passing the ball to player (B) who receives the ball using the inside of their left foot and passes the ball to player (A) using the inside of right foot. The sequence continues.

Progressions: Introduce another footballs to the sequence

Coaching Points: Correct passing technique, balance, weight of passes.