



One-Touch Passing - Two Fields

Organization

Nine players in each half of the field - marked with cones at the top of the 18-yard box and divided by the midfield stripe.

Two balls in each half.

Each player is assigned a number, and the ball must be passed sequentially.

Description of Exercise

As shown on the diagram, the balls start with player 1 and 5 for each squad.

Ball is passed sequentially through the team, with 11 passing to 1.

Players are limited to one touch passing.

Purpose of Exercise

One touch limitation:

1. Encourages players to look where to play the next pass before the ball arrives.
2. Encourages support players to get into good positions early and ask for ball when it is most advantageous.

