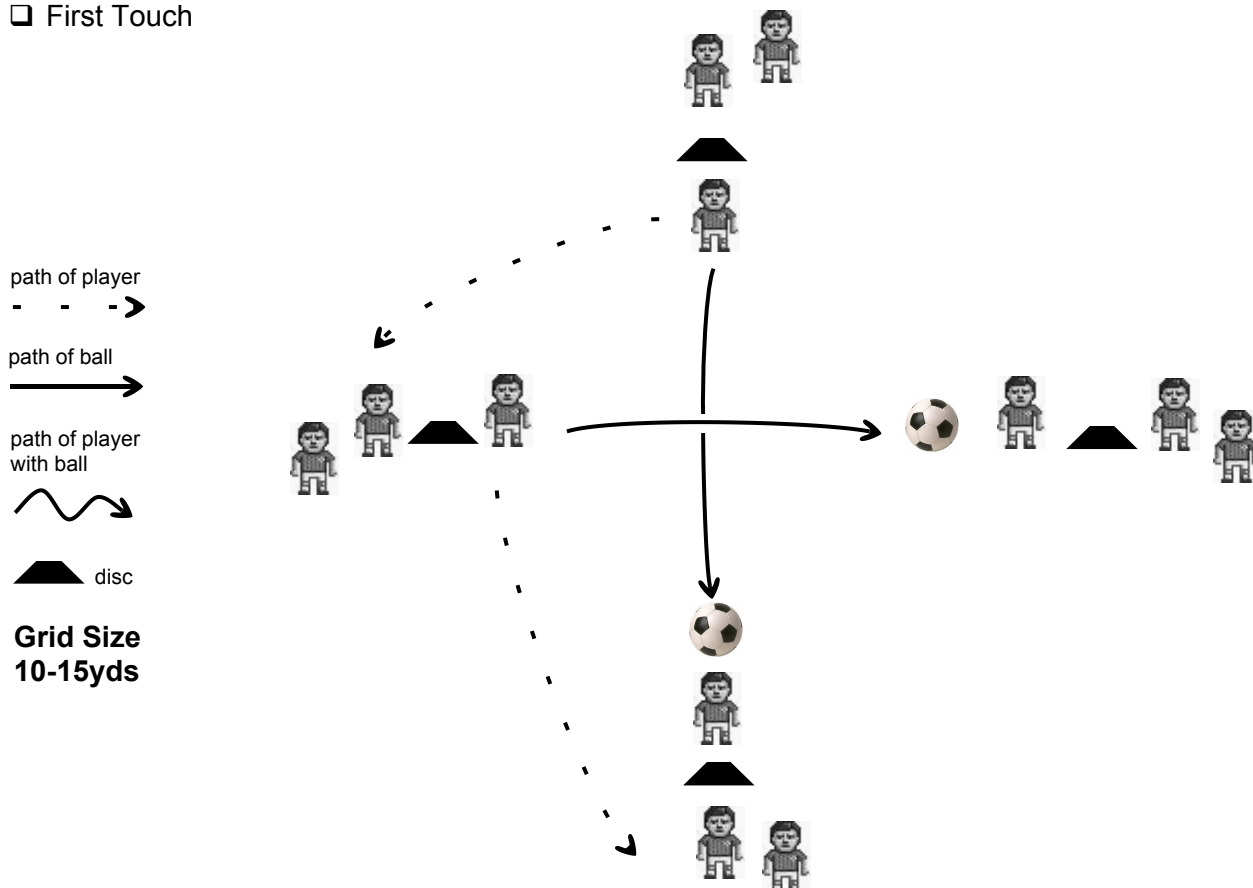


No. 1 “Criss-Cross”

- Short Passing
- First Touch

U8 ✓
 U10 ✓
 U12 ✓
 U14 ✓
 U16 ✓



Grid Size
10-15yds

A simple unopposed practice to improve the push pass and first touch. It allows the coach to work with a number of players in a fairly small area. Encourage players to aim for a high standard. Older players should be able to recognise and correct their own faults. It is essential all our players learn to pass consistently and receive a ball comfortably over short distances. Use this type of practice regularly for short periods at a time.

Organisation

Place four marker discs in cross pattern 10-15yds apart as shown
 One football at each of two adjacent cones
 Players pass - two touch - to opposite player and then run to disc on their right
 Don't have long queues, split larger groups into more than one grid
 Make it competitive - challenge two grids who can play for longest without losing control?

Coaching Points

- ♦ Is body language relaxed and balanced?
- ♦ *“Play on your toes”*
- ♦ Eye contact and communication
- ♦ Accuracy and pace of pass
- ♦ Strike through mid-line of ball, keep it down
- ♦ Contact with inside of foot - not with toe end
- ♦ Follow through in direction of pass
- ♦ First touch - withdraw foot on contact
- ♦ Get receiving foot off the ground, *“soft ankle”*
- ♦ Move quickly following pass

Development

- i Players follow their pass to the same disc - time your pass and run to avoid collisions
- ii Players control and/or pass the ball with outside of the foot
- iii Players control and/or pass the ball with weaker foot
- iv Players are required to pay one touch
- v Increase the distance between discs