



Square Passing Drill

Equipment required:

4 cones and 1-2 footballs

Aim:

Promotes passing while on the run and allows players receiving the football to practice their timing.

Action:

Players are divided into 4 groups and positioned on the outside corners of a 5m x 5m square grid.

Commence with the ball at one of the corners. Players will pass the ball to the corner on their left.

Once they have passed the ball, they then run to that corner where they passed too and join the back of the line. This is then performed in the opposite direction.

Progression:

Introduce an extra ball so players are reacting quicker and have to work harder. Players can also pass while on the run, along with replacing a traditional pass with a dummy half pass.

