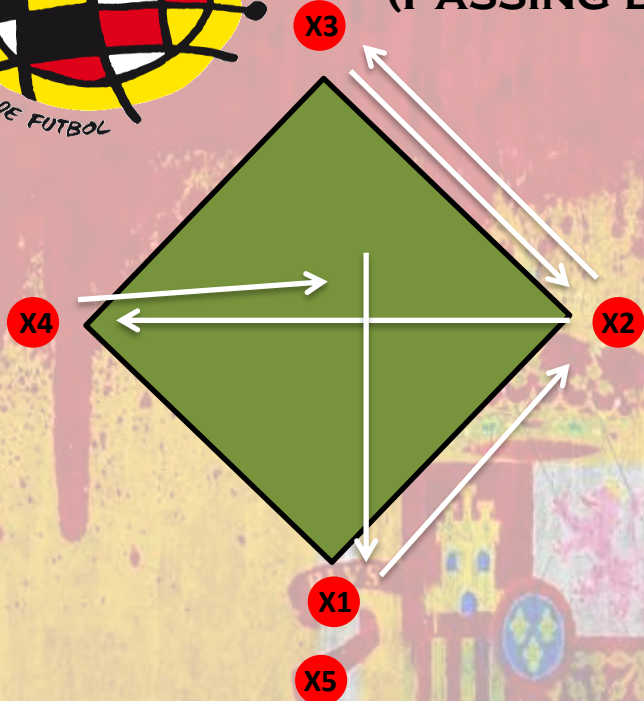




## REAL FEDERACIÓN ESPAÑOLA DE FÚTBOL (PASSING DRILLS)



### Passing Unopposed Technical Practice

- X1 plays X2
- X2 plays X3
- X3 sets X2
- X2 plays X4
- X4 sets X3
- X3 plays X5
- Players follow their pass Anti Clockwise

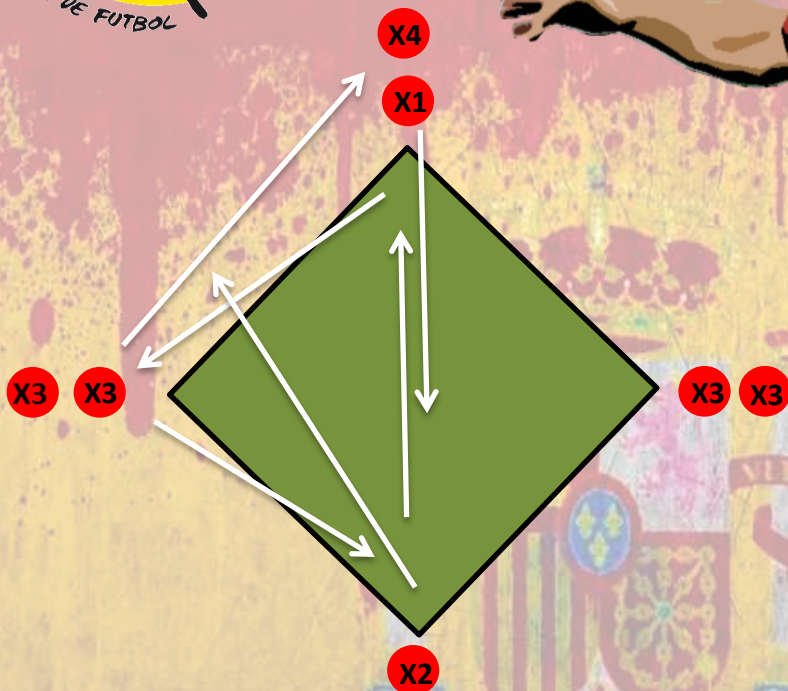


## KEY POINTS

1. ACCURACY
2. SPEED & WEIGHT
3. MOVEMENT
4. RECEIVING
5. TIMING



# REAL FEDERACIÓN ESPAÑOLA DE FÚTBOL (PASSING DRILLS)



## Passing Unopposed Technical Practice

- X1 plays X2
- X2 sets X1
- X1 plays X3
- X3 sets X2
- X2 plays X4
- Players follow their pass
- Play to other side on next turn

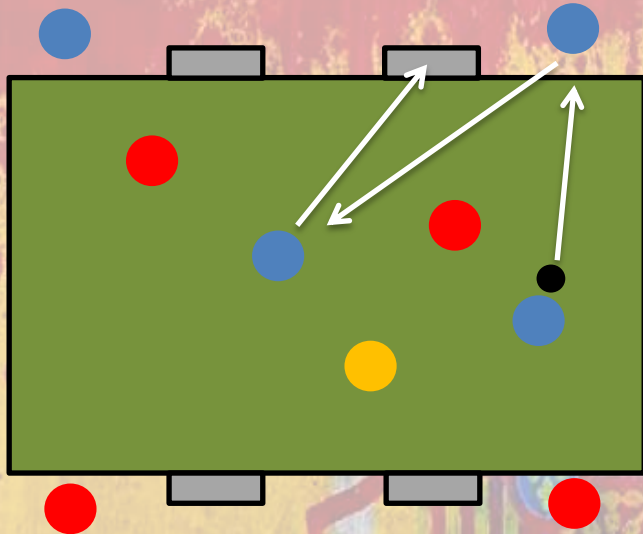
## KEY POINTS

1. ACCURACY
2. SPEED & WEIGHT
3. MOVEMENT
4. RECEIVING
5. TIMING





# REAL FEDERACIÓN ESPAÑOLA DE FÚTBOL (PASSING DRILLS)



## Passing Opposed Practice

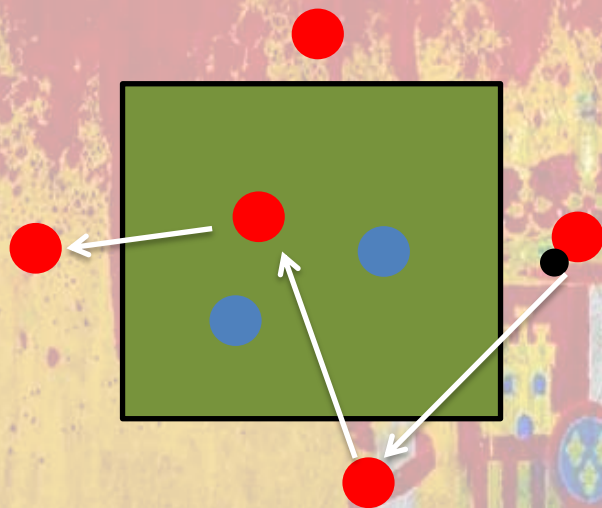
- In possession teams of 4 with 1 neutral
  - Out of possession teams of 2
- 2 Players on team play inside the pitch with other 2 playing on the outside as wall passes on your attacking goal side
- Objective is to maintain possession until opportunity shows to score through the Neutral player via a 1 touch wall pass.

## KEY POINTS

1. SPEED & WEIGHT
2. ACCURACY
3. MOVEMENT
4. ATTACKING SKILLS
5. SCORING GOALS



## REAL FEDERACIÓN ESPAÑOLA DE FÚTBOL (PASSING DRILLS)



### Passing Opposed Practice

- In possession teams of 5
- Out of possession teams of 2
- 4 players will play on the outside lines, each side of the square. One will play in the middle.
- Objective is to maintain possession for as long as possible, recognising when to play through the play maker in the middle.
- Out of possession team objective is to press high and apply good pressure.



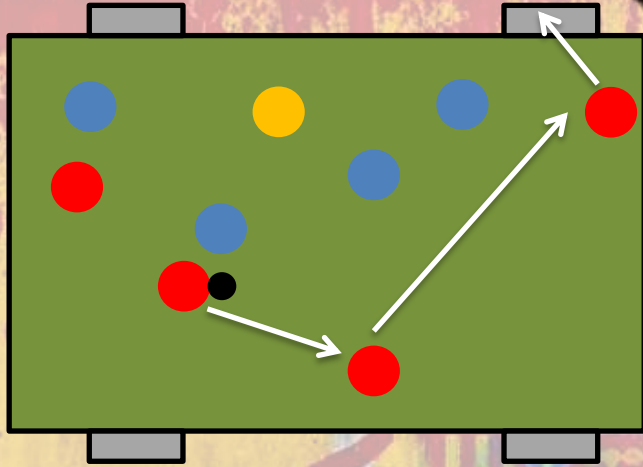
### KEY POINTS

1. ACCURACY
2. SPEED & WEIGHT
3. RECEIVING
4. MOVEMENT
5. HIGH PRESSURE





# REAL FEDERACIÓN ESPAÑOLA DE FÚTBOL (PASSING DRILLS)



## Passing Opposed Practice

- In possession teams of 4 with 1 neutral
  - Out of possession teams of 4
- Objective is to maintain possession until opportunity shows to score via a 1 touch pass/ break of line through the gates.
- Out of possession high work ethic and pressure to regain the ball as quickly as possible

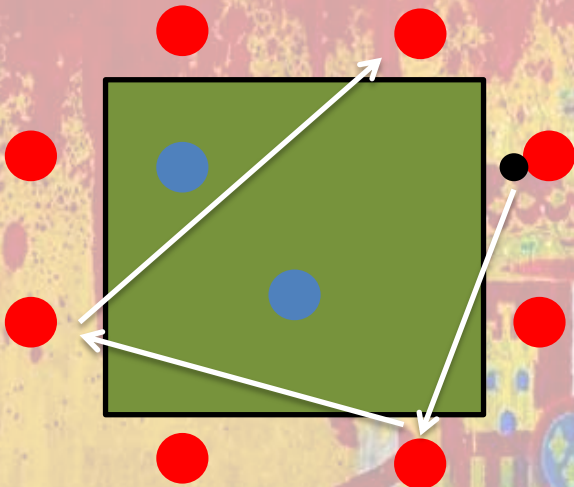


## KEY POINTS

1. SPEED
2. ACCURACY
3. MOVEMENT
4. SCORING GOALS
5. HIGH PRESSURE



# REAL FEDERACIÓN ESPAÑOLA DE FÚTBOL (PASSING DRILLS)



## Passing Opposed Practice

- In possession teams of min 4 max 8
  - Out of possession teams of 2
- In possession players will play on the outside lines, each side of the square.
- Out of possession teams will play inside square in pairs.
- Objective is to maintain possession for as long as possible recognising when to play round & through
- Out of possession team objective is to press high and apply good pressure.



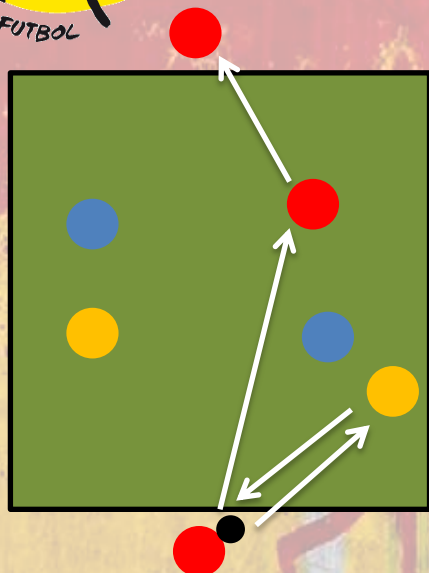
## KEY POINTS

1. ACCURACY
2. SPEED
3. WEIGHT
4. RECEIVING
5. HIGH PRESSURE





# REAL FEDERACIÓN ESPAÑOLA DE FÚTBOL (PASSING DRILLS)



## Passing Opposed Practice

- 2v2 with 3 Neutral Players
- In possession 2v2 with neutral players on your team creating 5 v2
- Out of possession working in pairs.
- Objective is to retain possession working the ball from one side of the area to the other via players in the middle
- Out of possession team objective is to press high and break down moves.

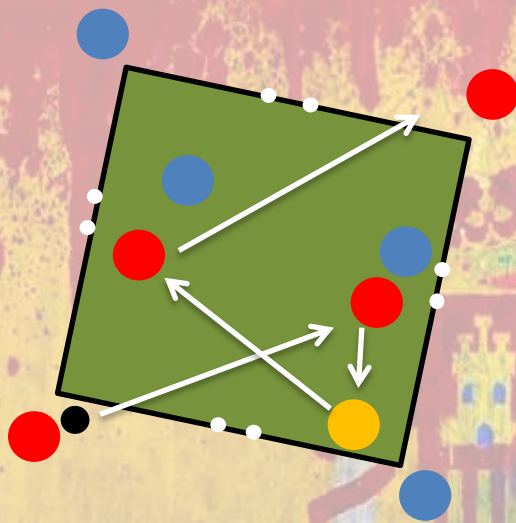


## KEY POINTS

1. ACCURACY
2. RECEIVING
3. MOVEMENT
4. HIGH PRESSURE
5. SPEED



# REAL FEDERACIÓN ESPAÑOLA DE FÚTBOL (PASSING DRILLS)



## Passing Opposed Practice

- In possession 2v2 with 1 neutral player
- Out of possession working in pairs to regain possession.
- Objective is to retain possession working the ball from one side of the area to the other.
- Outside players can work outside the pitch between the white cones on an angle
- Out of possession objective is to break down moves to become attacking team



## KEY POINTS

1. ACCURACY
2. RECEIVING
3. MOVEMENT
4. HIGH PRESSURE
5. SPEED