

TECHNICAL: PASSING & RECEIVING DRILLS

LEGEND

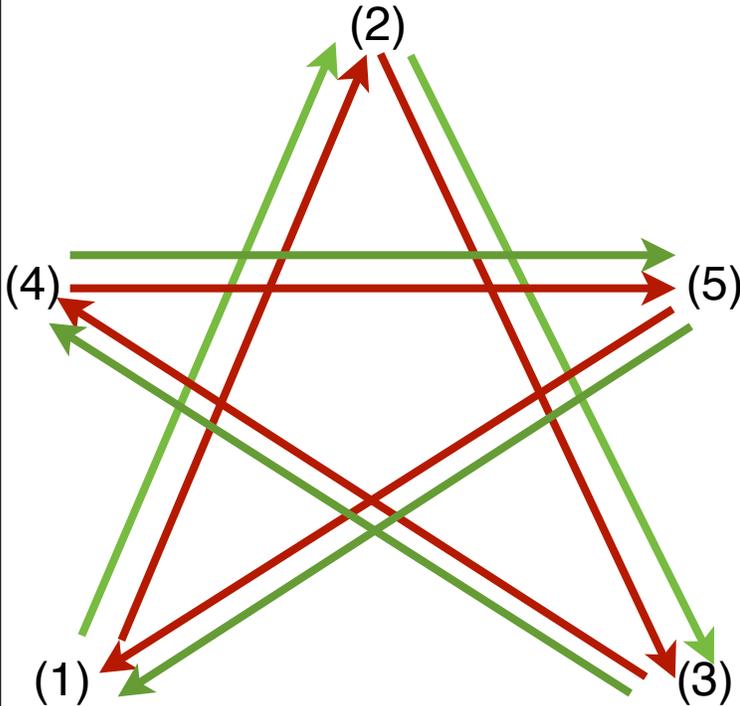
PATH OF THE PASS/BALL →



PATH OF THE PLAYER'S RUN →



THE "STAR"



GRID SIZE:

From Point (1) to Point (2) -- 15-30 yards
 From Point (2) to Point (3) -- 15-30 yards
 From Point (4) to Point (5) -- 10-20 yards
 Points (4) & (5) should be Halfway between Points (1) and (3) and Point (2)

DRILL SEQUENCE

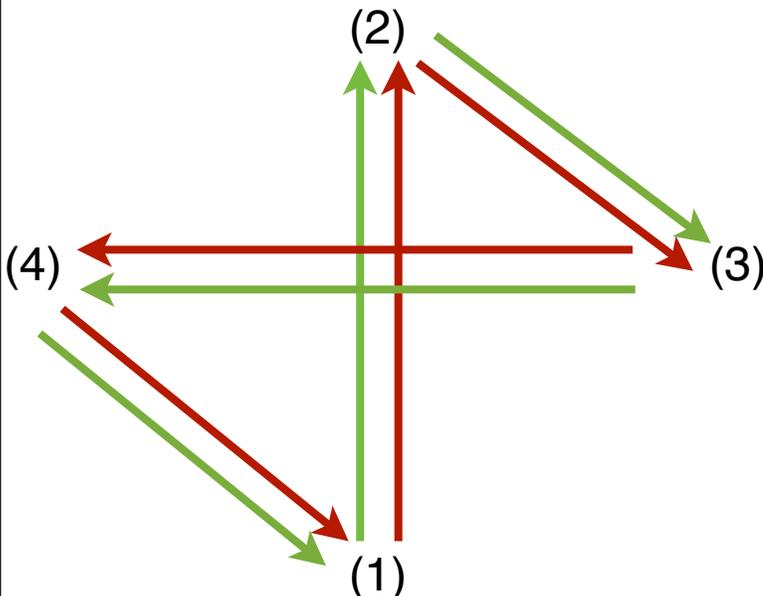
5 Players in "Star" formation as shown
 Players pass and then follow pass in numerical sequence:

- 1 to 2
- 2 to 3
- 3 to 4
- 4 to 5
- 5 to 1

PROGRESSION

- (1) Two-touch passing
- (2) One-touch passing

THE "DIAMOND"



GRID SIZE:

From Point (1) to Point (2) -- 15-30 yards
 From Point (2) to Point (3) -- 10-15 yards
 From Point (3) to Point (4) -- 20-30yards
 From Point (4) to Point (1) -- 10-15 yards

DRILL SEQUENCE

4 Players in "Diamond" formation as shown
 Players pass and then follow pass in numerical sequence:

- 1 to 2
- 2 to 3
- 3 to 4
- 4 to 1

PROGRESSION

- (1) Two-touch passing
- (2) One-touch passing