



**TECHNICAL:  
Passing & Receiving**

*Variation of  
"3-2-1"*

**Number of Players:** Groups of 3, one ball per group

**Setup:** Players 1, 2 and 3 form a triangle

Distance between players depends on age and skill level -- minimum of 8-10 yards, maximum of 20 yards)

**First Phase**

Player 1 is restricted to 1-touch

Player 2 is restricted to 2-touch

Player 3 is restricted to 3-touch

**Second Phase**

Player 1 is restricted to 2-touch

Player 2 is restricted to 3-touch

Player 3 is restricted to 1-touch

**Third Phase**

Player 1 is restricted to 3-touch

Player 2 is restricted to 1-touch

Player 3 is restricted to 2-touch

NOTE: Conduct each phase for 1-2 minutes

**PROGRESSION/VARIATION**

Place 3 players inside a 10x10 or 15x15 grid and have them moving around while having touch restrictions.