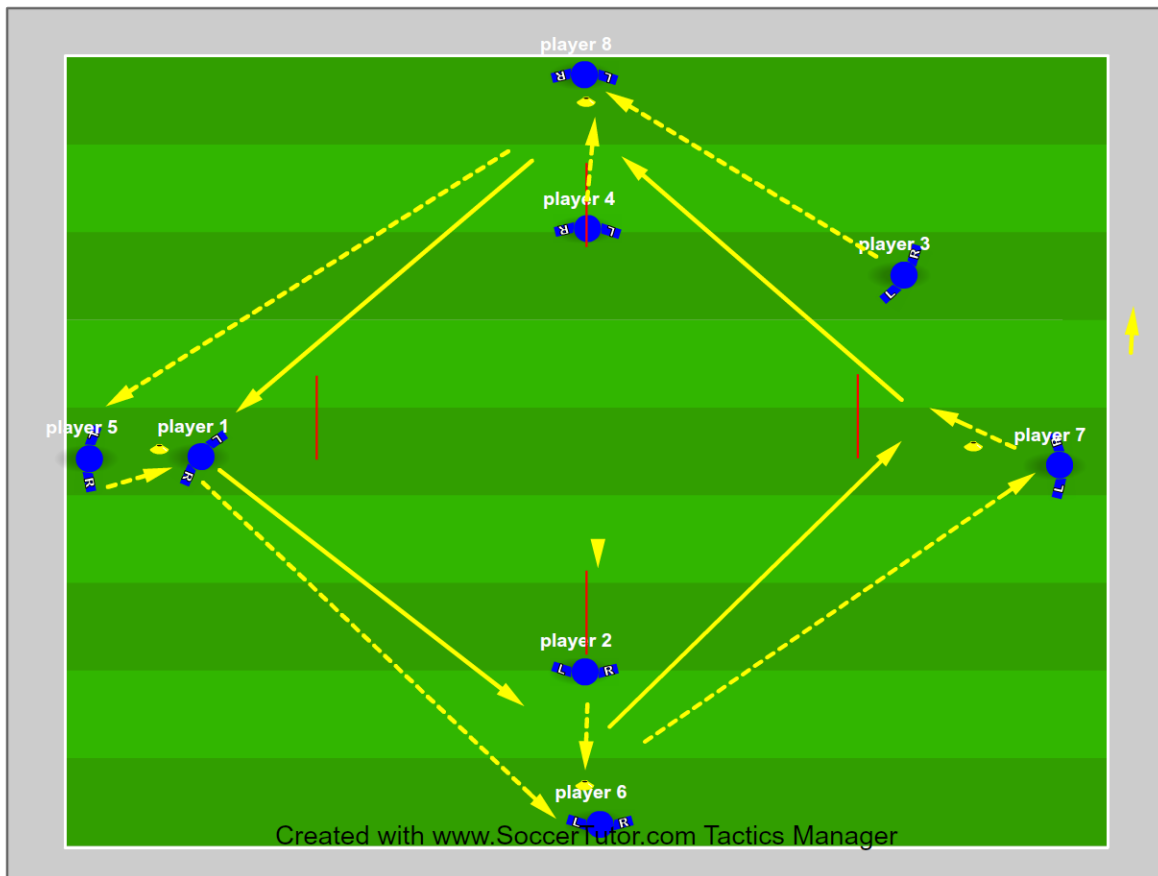


Dutch Passing Box



Date:	14/Jan/2014	Measurement:	20 x 20 Yards
Time:	N/A:N/A	Players:	10
Duration:	20	Level/Age Group:	U11 - U18

Description: PLAYER 1 plays the ball to PLAYER 2. PLAYER 2 will start on the pole in front and as PLAYER 1 plays the ball PLAYER 2 will back peddle to the cone to receive the pass. PLAYER 1 then follows his pass and goes to the end of the next line. PLAYER 2 will receive the ball and then play the ball to PLAYER 3. This rotation will continue around the grid.

Objective: To improve the players technical ability with passing and receiving to prepare for the demands of training. To improve the players ability to recognize and create space.

Coaching Points:

- Sharp clean strike through the middle of the ball.
- 1st touch out of pressure
- Open your hips to see the field.
- Take the weight out of the pass for the lay off.
- Quick, explosive movement to create space.

Progression: PLAYER 1 plays the ball to PLAYER 2 who lays the ball off for PLAYER 1. PLAYER 1 attacks the ball and then plays the ball directly to PLAYER 3. PLAYER 3 lays the ball off for PLAYER 2 who then plays to PLAYER 4.