



GB Antwerp technical passing

EQUIPMENT: 8 cones, 1 ball

FIELD DIMENSIONS: About 12 x 15, but can vary depending on space availability and age of players

NUMBER OF PLAYERS: 6 to 15

PLAY: -line A passes to line B then *sprints* to opposite corner, then jogs along grid and returns to line A
 -line B one touch passes back to line A then sprints to opposite corner, then jogs along grid and returns to line B
 -drill continues one touch

COACHING POINTS:

- stress proper technique with the inside of the foot, finding the center of the ball, and an easy rhythm between the passers.
- expect a strong sprint after passing the ball - players should explode off the mark, then an easy jog along the side of the grid to the back of the line.

NOTES: -this is a very good, fundamental technical exercise but is also a great warm-up exercise, especially when you may not have a lot of room to work with. it is perfect before games when you can't get on the field due to another game going on.

-GBA is a Belgian first division club with close ties to Ajax of Amsterdam. GBA's academy is heavily influenced by the Dutch method.

— PASS —
— SHOOT —
••• RUN •••
- DRIBBLE -

