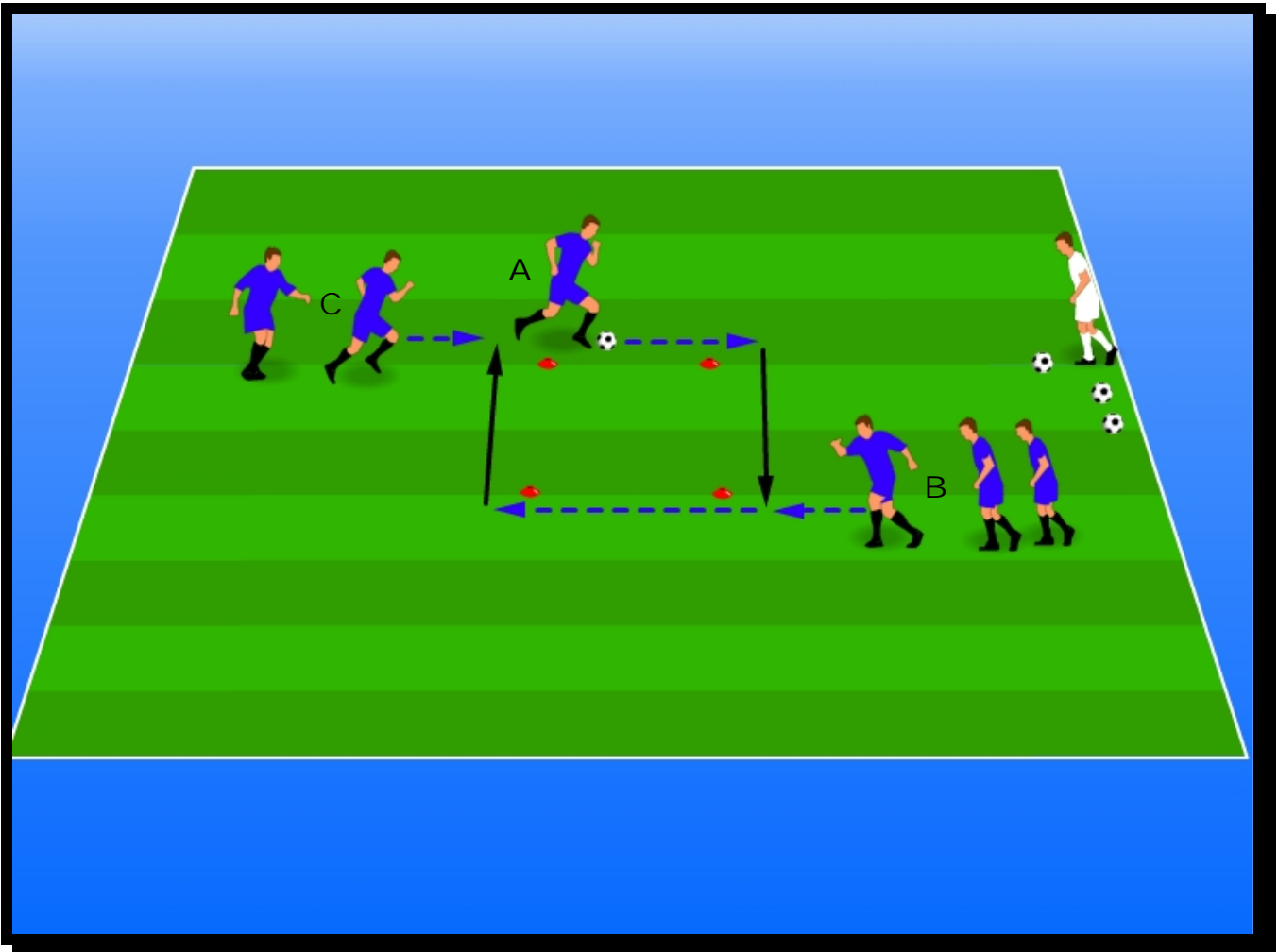


Outside of the Foot

Fundamental

Passing



Set Up: There are 6-8 players set up on the small grid, with lines starting at the cones.

Procedure: To begin the drill, Player A dribbles to the cone and passes sharply across the grid to Player B, using the outside of the foot. Player B receives the pass and dribbles to the cone as well, passing the ball back over to Player C. Play continues back and forth across the grid in a shuttle fashion, with the players only using the outside of the foot to pass. After passing, the players go to the opposite line.

Teaching Topics:

- 1 Passing technique.
- 2 Passing accuracy.
- 3 Ball control.

Progressions:

- 1 Use a smaller grid to increase the speed of the drill.

Coaching Points:

- 1 Use a hard flick of the foot to pass the ball sharply across to the next player.
- 2 Pick your head up and check the target at least once before passing.
- 3 Keep the ball on the outside of the foot to receive, dribble, and pass.