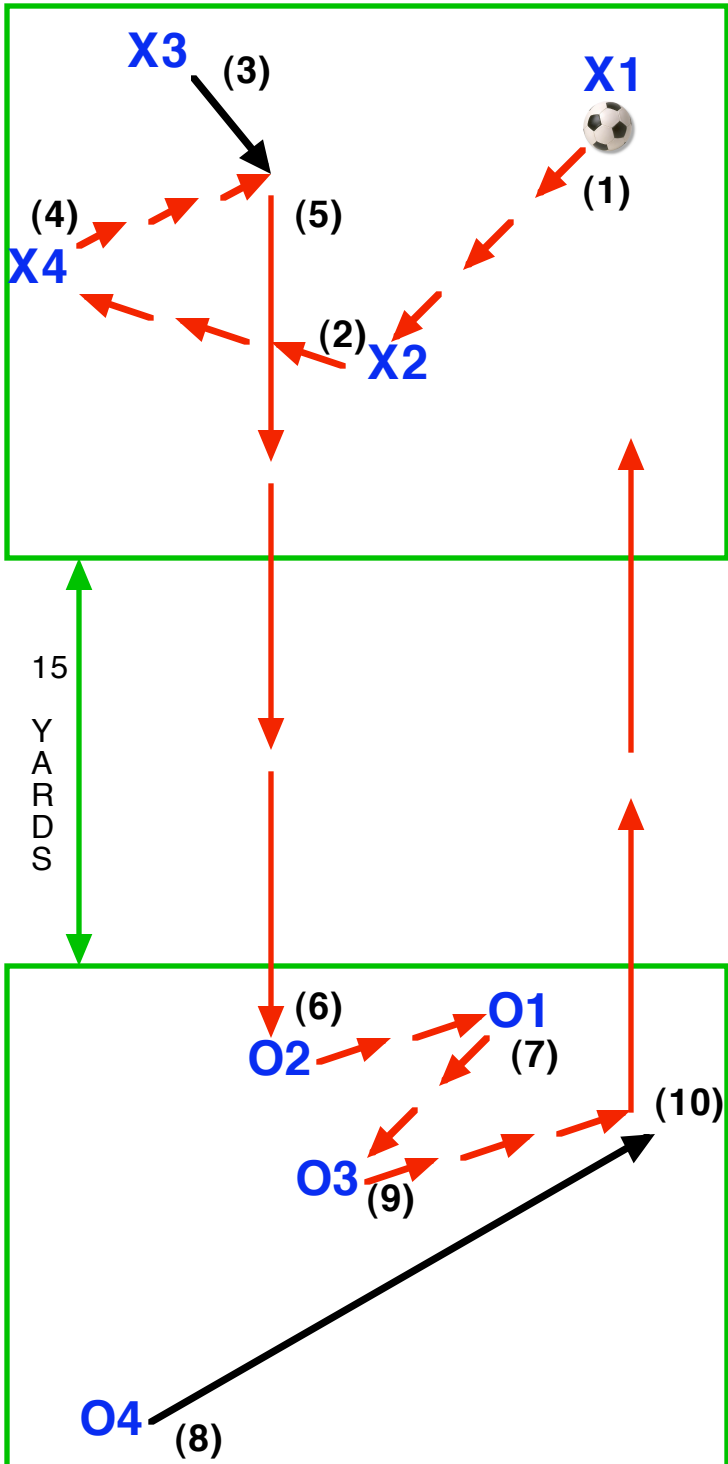


## TECHNICAL: 1-Touch Passing "3 Short + 1 Long"

*This drill is designed to teach 1-touch passing/receiving, as well movement off the ball*

**GRID SIZES:** 2 @ 15 yards x 15 yards

**NUMBER OF PLAYERS:** 4v4



- (1) X1 plays ball to X2
- (2) X2 passes with 1-touch to X4
- (3) X3 makes make diagonal run
- (4) X4 lays ball off with 1-touch to X3
- (5) X3 sends 1-touch long ball into Team O's grid
- (6) O2 controls and passes off to O1 with a 1-touch
- (7) O1 turns and passes back with 1-touch to O3
- (8) O4 makes long diagonal run
- (9) O3 lays ball with 1-touch to O4
- (10) O4 sends 1-touch long ball into Team X's grid

### SCORING

- > failure to 1-touch pass = 1 point for opponent
- > failure to chip ball into opponent's grid = 1 point for opponent
- > all players must touch ball before it is played into opponent's grill

### VARIATIONS

- > can be played as 2-touch
- > allow 2 touches on long ball into grid

### COACHING POINT

- > moving into space to receive the ball properly for a 1-touch pass