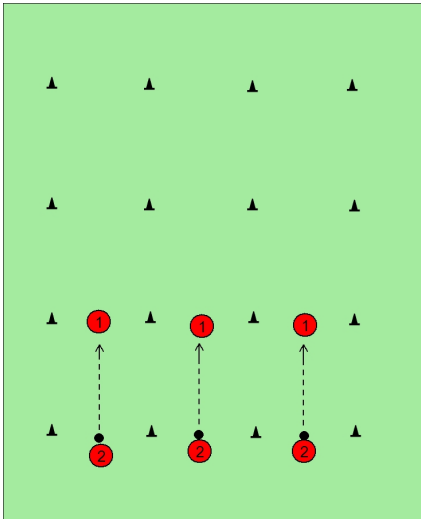




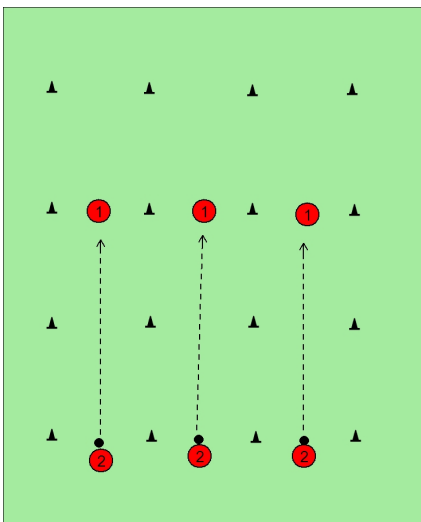
### Line drills



#### How it works

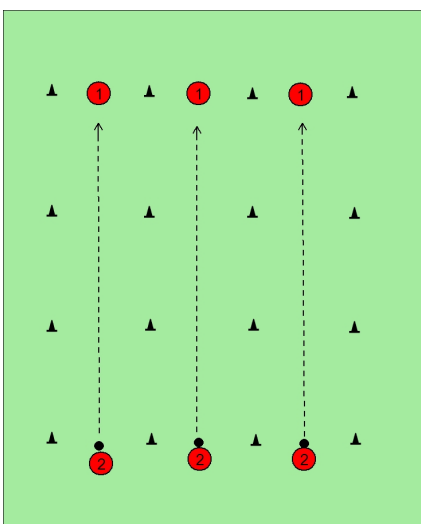
Player 1 and 2 stand facing each other at opposite ends of the first grid in a longer channel.

Player 2 starts by feeding the ball for Player 1 to return with a header. Repeat 10 times.



Player 1 then moves back to the next line of cones.

Player 2 performs a throw-in for Player 1 to get in line, control the ball and then pass back to Player 2. Repeat 10 times.



Player 1 then moves back to the end line of cones.

Players 1 and 2 then have to complete 20 lofted passes to each other.

Players then reverse roles and repeat.

#### Possible changes

Vary the skills performed at each line of cones, eg. short first touch passes, feed the ball for a side-foot volley, roll the ball for a chipped return and so on.