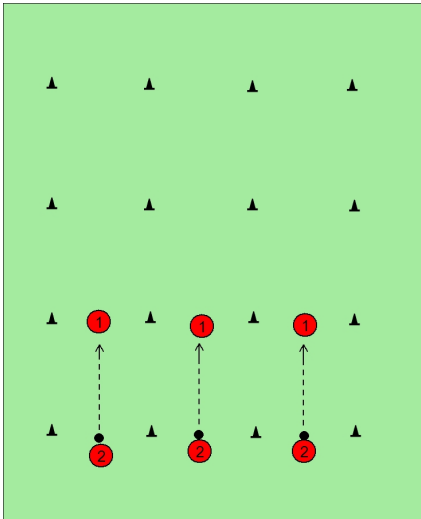




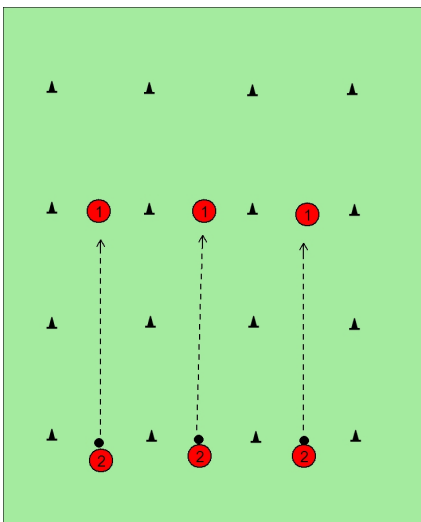
Line drills



How it works

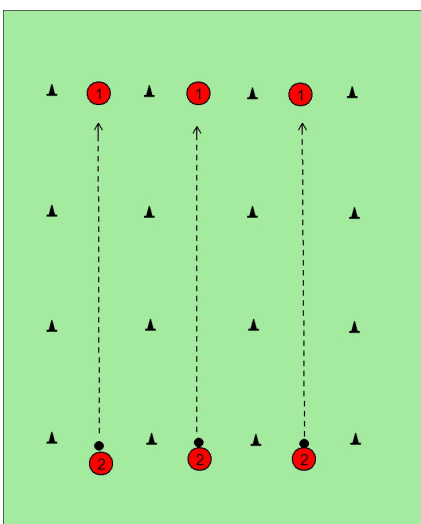
Player 1 and 2 stand facing each other at opposite ends of a 10 x 10 grid which forms the first grid in a longer channel.

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

Coach can 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 etc.