

Kick and chase diagonals

A drill to help players to develop spatial awareness and the timing of their runs to collect the ball.

Walk players through this drill slowly at first if they haven't done it before. Players are simply following their pass. When they have the hang of it build up the pace. Players who know the drill should do it at high intensity.

PHASE 1

Balls start at cone A with the player at that cone kicking a diagonal pass to the player at cone B. Player at cone B lays off a pass to the player from cone C who is coming past them at a run. Player from cone C kicks a pass to the first player at cone D.

PHASE 2

Player and cone D kicks the ball to the player at cone C.

The player at cone B takes a hand pass from the player at cone C and then kick passes to the player at cone A.

BALL



PLAYER

