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Procedure:

Player A receives the long pass and plays up to Player B. Player B passes back to Player C, who then makes the long pass across the field to Player D or F. The three players at that end combine on two short passes before playing the long pass back across. After each passing sequence, the players rotate to new positions, taking turns at all three spots on their end of the field.

Coaching Points:

- 1 Show early for the pass and call for the ball.
- 2 Use one touch when you can, two touches when you should.
- 3 The long pass is a driven ball, hit with the instep. It should have pace and backspin.

Progressions/Regressions:

Progression 1 – Support players (B and E), make runs from the center to support their group.