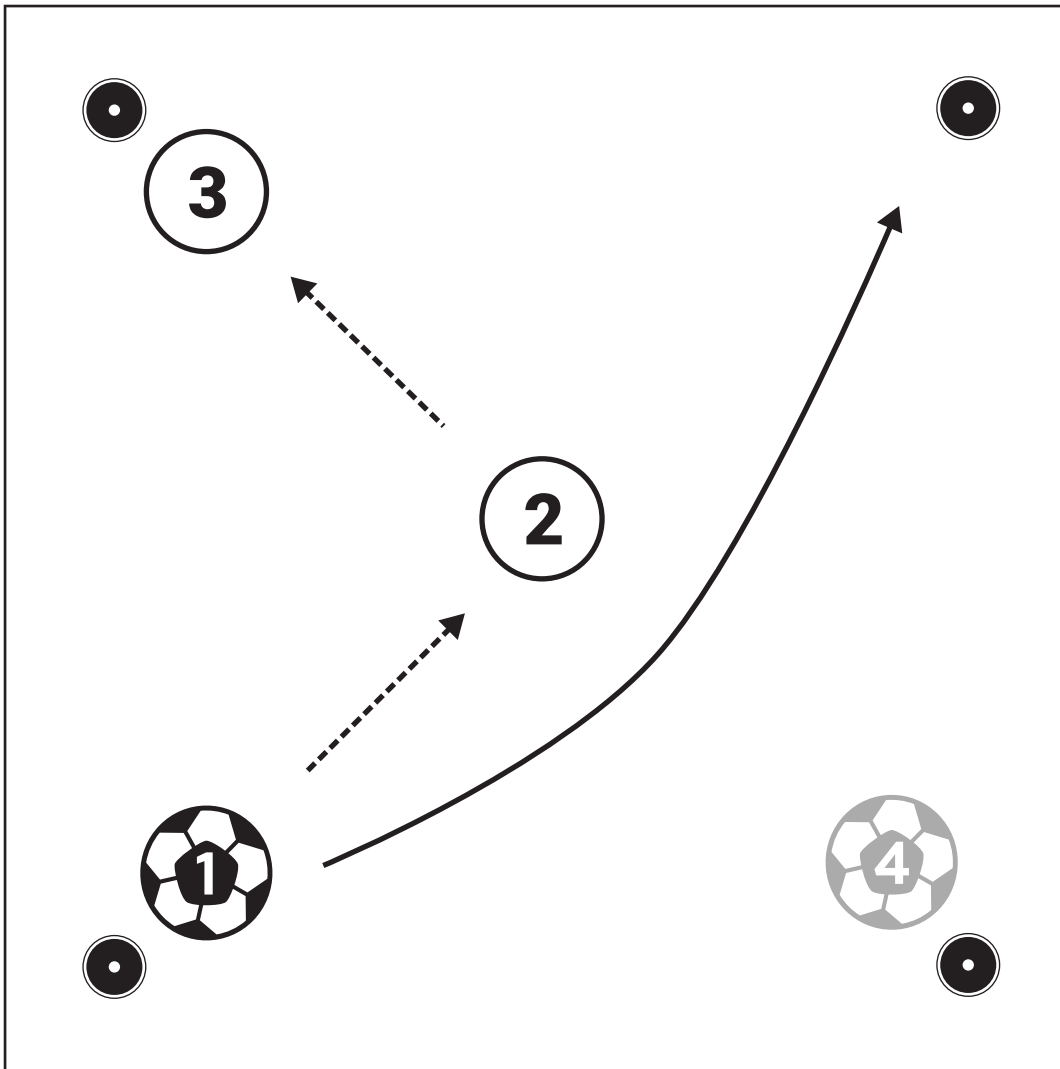


Hot Corners: Passing with Speed

Setup: Place 4 cones in a square that is 10 feet by 10 feet

1.



Player 1 starts with soccer ball A and Player 4 starts with a soccer ball B. Player 1 passes ball A to Player 2 who then passes to Player 3

Drill Explanation

One player with a soccer ball passes to the player in the middle and then immediately runs to an open corner (cone). The player in the middle passes to the player without a ball and then sets up for the next pass.

KEY

-  Soccer Ball A
-  Soccer Ball B
-  Offensive Player
-  Defensive Player
-  Ball Option
-  Player Option
-  Ball Movement
-  Player Movement
-  Cone

NOTES

Make it harder:

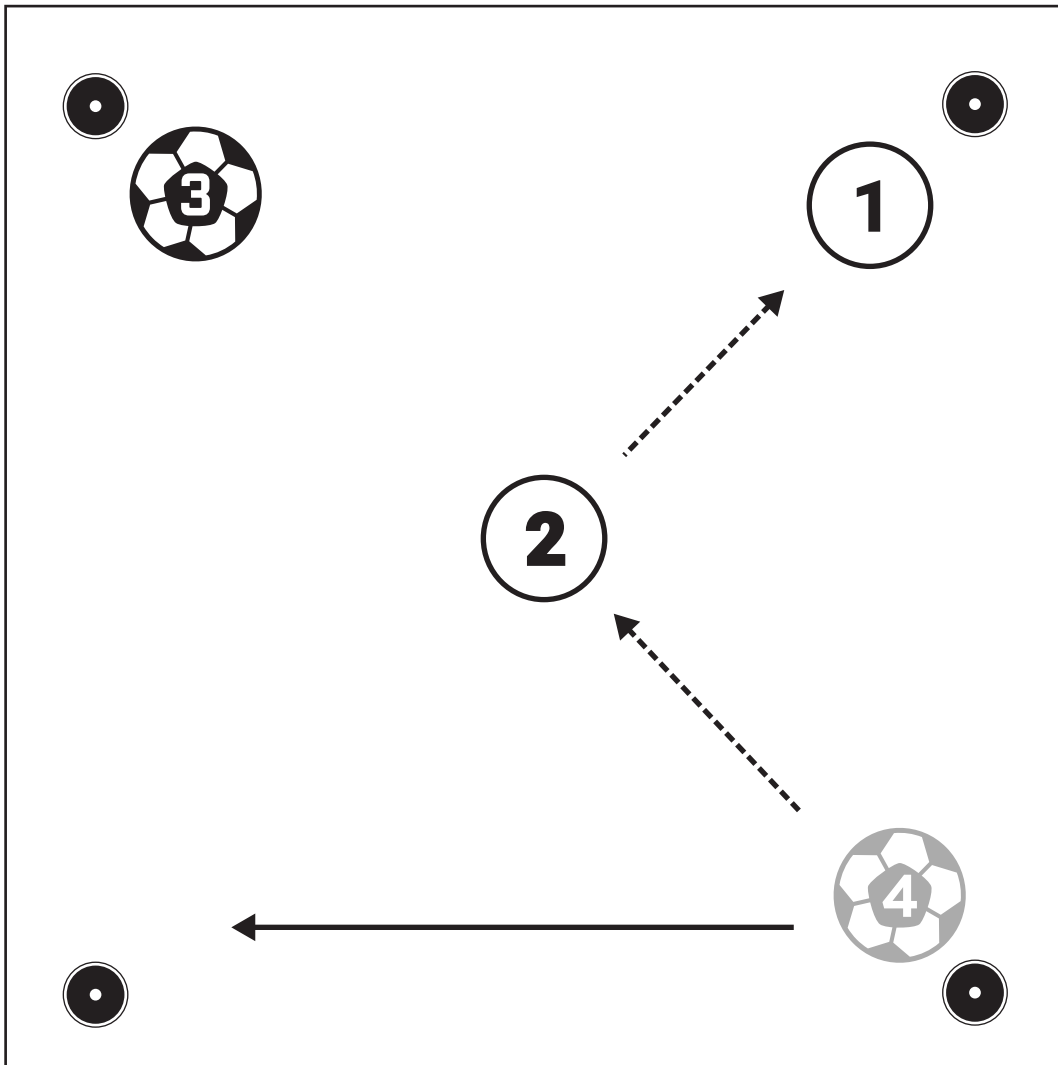
- Have players only pass with their weak foot
- Make square smaller

Make it easier:

- Make square larger

Hot Corners: Passing with Speed

2.



When Player 2 has passed Soccer Ball A to Player 3, Player 4 begins passing Soccer Ball B to Player 2. Player 2 then passes the ball to Player 1 while Player 4 runs to the open corner (or cone).

KEY

-  Soccer Ball A
-  Soccer Ball B
-  Offensive Player
-  Defensive Player
-  Ball Option
-  Player Option
-  Ball Movement
-  Player Movement
-  Cone

NOTES

Make it harder:

- Have players only pass with their weak foot
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Make it easier:

- Make square larger