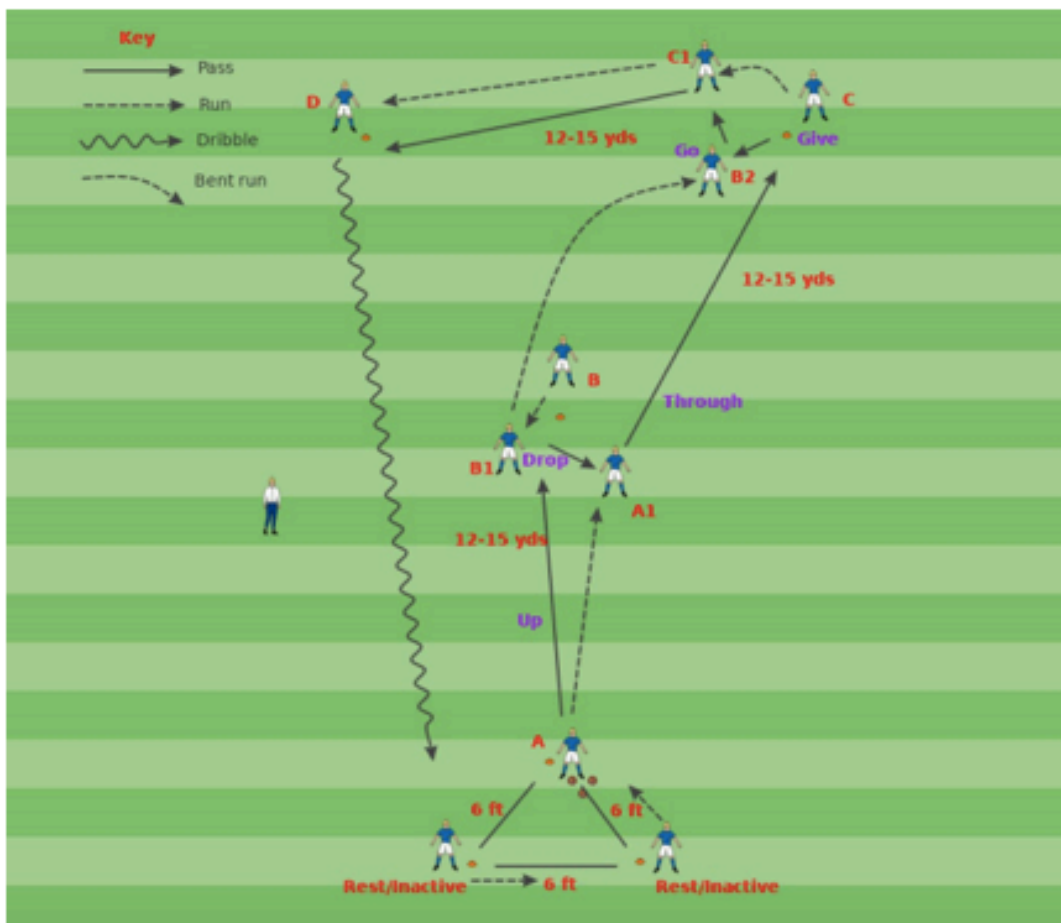


Passing and Receiving 4



Passing and Receiving: 'Y' Pattern Variation

Set Up

- *Group of 5-7 players, balls, cones
- *Players are set up in a 'Y' with 12-15 yards between each cone.
- *Another cone(s) is laid 6ft minimum behind the active player A at the base of the 'Y'. If you have more players you will add another cone behind/next to socially distance.

How It Works (2:1 Work/Rest)

- *A passes to B (Up), B lays the ball back (Drop) into the path of A who then plays a (Through) ball to C.
- *A takes B's spot.
- *After B (Drops) the ball to A, B bends their run towards C.
- *C and B perform a (Give) and (Go).
- *B takes C's spot.
- *C passes to D, D dribbles at speed to the 'rest/inactive' area.

Player Actions

- *Pass
- *Create Passing Options
- *Dribble

Guided Questions

- Should D's 1st touch be close to their body or into space? Why?
- Where on the field might you and a teammate perform an up, drop, through? Why might it be useful?

Additions/Variations/Progressions

- *Flip the direction. Instead of B playing up and their left, they play up and to their right.