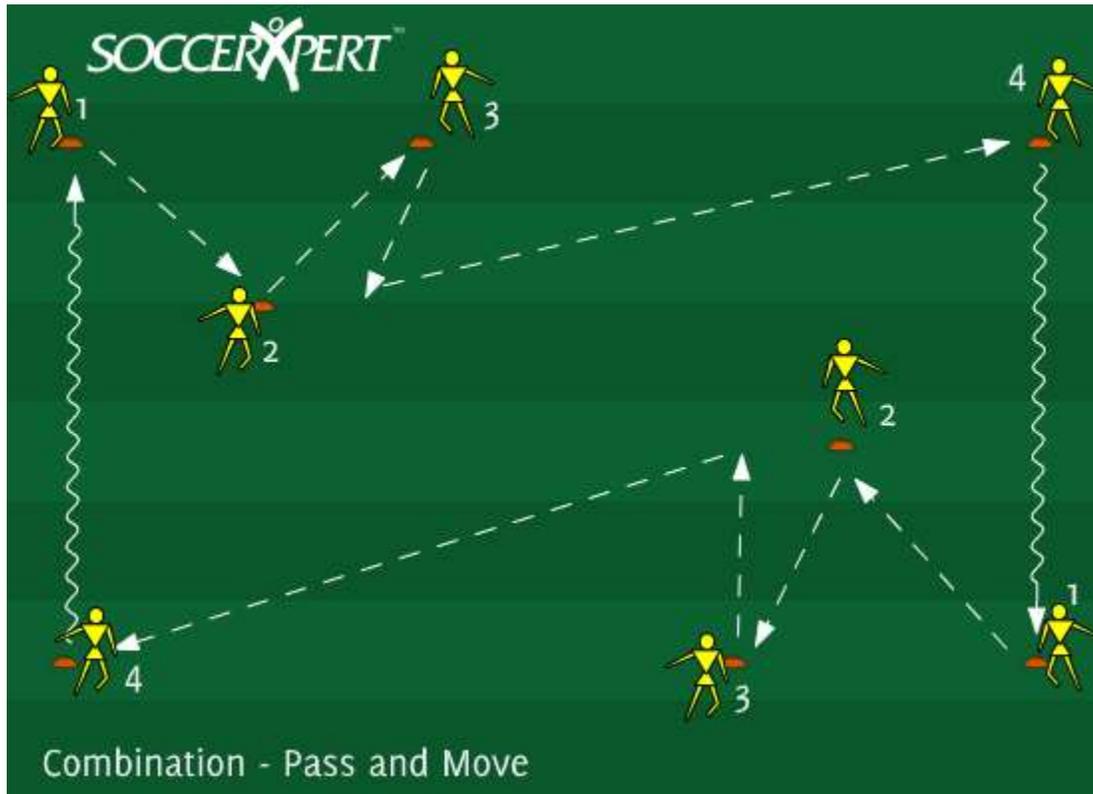


# Combination - Pass and Move

Chris Johnson 5,476 Views Rating 0 (0 Reviews)

This passing and moving combination soccer drill focuses on crisp, clean passing, timing, movement off the ball, and the speed of play.



## Soccer Combination Play, Pass and Move

This passing and moving combination soccer drill focuses on crisp, clean passing, timing, movement off the ball, and the speed of play.

### Drill Setup

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1. Place a cone at the four corners of a grid approximately 30x20 yards. Adjust the size of the grid based on age, skill, and length of combination play.
2. Place a cone on the about 10 yards from two diagonal corners as shown in the diagram.
3. Stagger a cone about 7 yards from the cone on the side on each corner as shown in the diagram.
4. Have a player at each cone with the balls starting in the two corners.

### Drill Instructions

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1. Player 1 passes to Player 2 and moves to Player 2's cone.
2. Player 2 passes to Player 3.
3. Player 3 passes back to Player 2.
4. Player 3 passes to Player 4.
5. Player 2 moves to Player 3's cone.
6. Player 3 moves to Player 4's cone.
7. Player 4 dribbles with speed to the other Player 1's cone.
8. The drill repeats.

### **Drill Variations**

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- Switch directions of the play to work on different angles and passes.
- Same as above, except play a long ball to player 1 instead of dribbling to them.

### **Drill Coaching Points**

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- Focus on crisp, clean passes.
- Movement off the ball must be timed with the pass.
- The drill should flow with a continuous passing pattern.
- Focus on speeding up the combination play.

### **Equipment**

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- **Disc Cones - Mini or Full-Size Disc Cones** are a critical piece of equipment that every soccer coach must have in your equipment bag.
- **Soccer Practice or Training Balls** - Every player should have a soccer balls at practice to have a successful training session.

### **Drill Ages**

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- 11 - U11, Under 11, 11 and Under
- 12 - U12, Under 12, 12 and Under
- 13 - U13, Under 13, 13 and Under
- 14 - U14, Under 14, 14 and Under
- 15 - U15, Under 15, 15 and Under
- 16 - U16, Under 16, 16 and Under
- 17 + - U17, U18, U19, U20, and Older

### **Soccer Drill Skill Focus**

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- **Dribbling - Soccer Dribbling Drills**
- **Passing - Soccer Passing Drills**

- Receiving - Soccer Receiving & Turning Drills

**Soccer Drill Titled:** Combination - Pass and Move

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