

Skill Component (Two Lines Passing)

Setup

- Rectangle grid
- Two start cones at base with 2–3 players behind each (with balls)
- One cone 6 metres ahead (mid cone) with one player
- One cone 6 metres ahead (end cone) with one player
- 7 metres between each station
- Two balls operating simultaneously (second starts 1 second later)
- Coach gathers spare balls during drill to minimise delays

Duration

- 15 Minutes
- 3 Passing Sequences
- 4:20 work + 40 sec reset per sequence

Adjusting for Numbers

- Create two identical grids (8–10 players per grid)
- If not enough for third grid, add extra player(s) at end cone

Sequence 1 – Diagonal Switch

- A passes to B (mid cone)
- B uses back foot control (less skill: stop behind cone first)
- B plays diagonally to opposite cone (C)
- C dribbles back to starting line
- Two balls running simultaneously (second starts 1 second later)
- Start 3rd and 4th ball once end player begins dribble back

Sequence 2 – Turn & One-Two

- A passes to B
- B takes touch in front of cone and turns
- B plays to C (opposite cone)
- B follows for one-two
- C dribbles back to starting line
- Two balls running simultaneously (second starts 1 second later)
- Start 3rd and 4th ball once end player begins dribble back

Sequence 3 – Drop & Combination

- A passes to B
- B drops ball back to A
- A plays diagonally to opposite cone (C)
- C plays one-two with B
- C dribbles back to starting line
- Two balls running simultaneously (second starts 1 second later)
- Start 3rd and 4th ball once end player begins dribble back

Organisation Notes

- Slow drill if execution drops
- Remove 3rd/4th ball if quality declines
- Maintain spacing and timing
- Do not rush progression

Progression

- Specific passes completed one-touch
- Sequence 3 eventually all one-touch (except dribble return)

Adjustments

- Reduce distance between cones

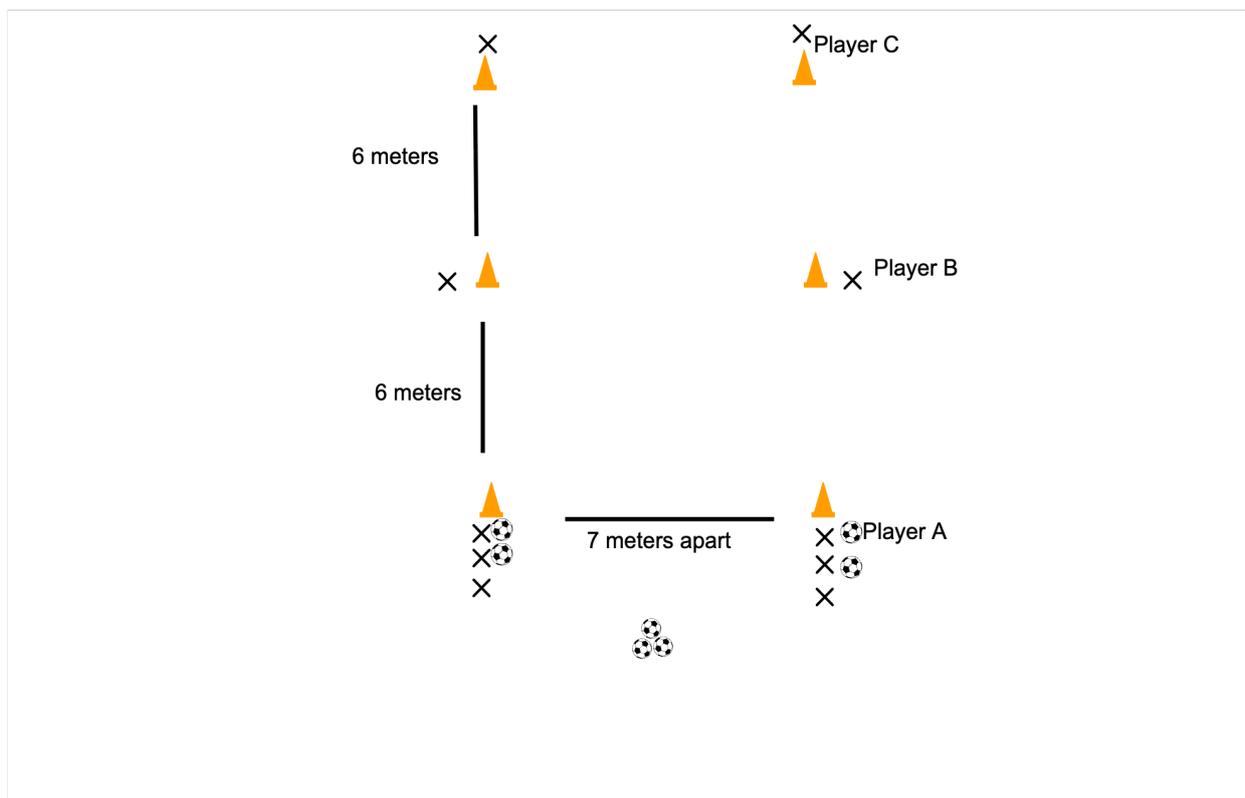
- Operate with only two balls
- Control intensity if struggling
- Increase tempo if quality remains high

Coaching Cues

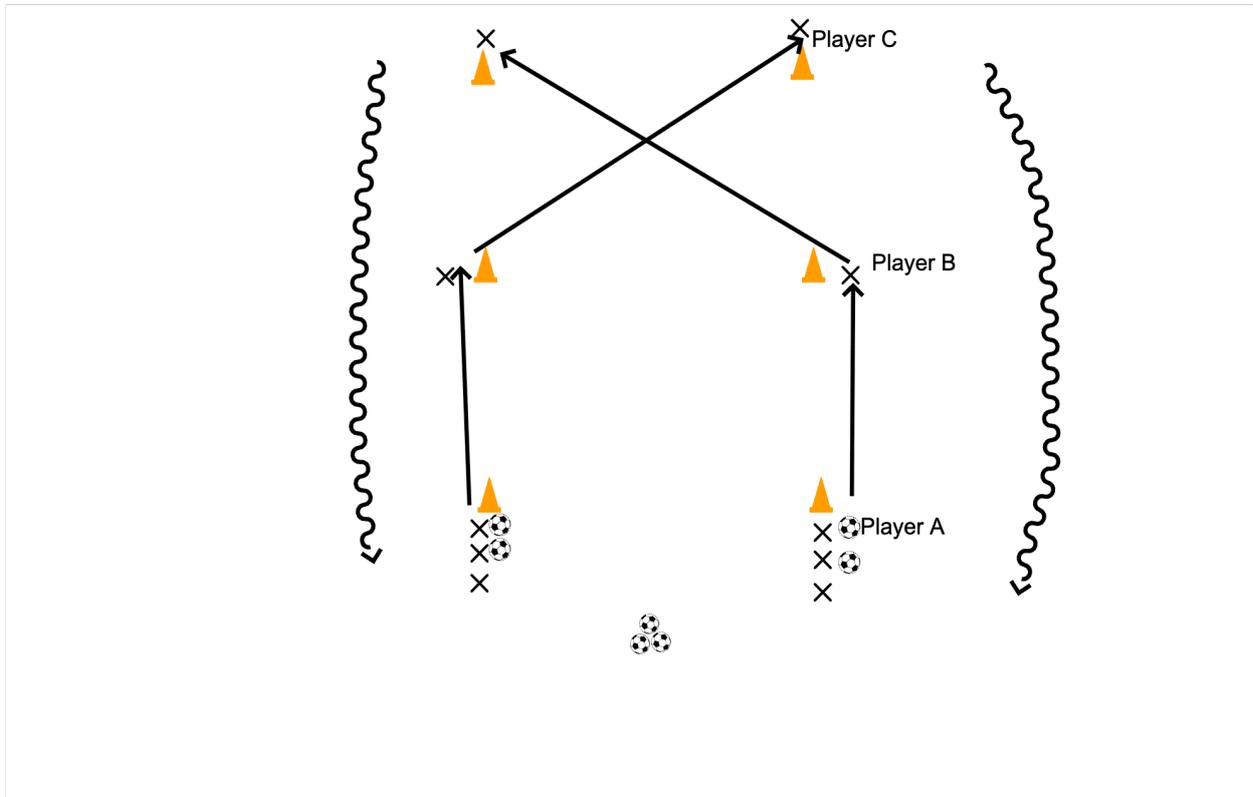
- Quality first touch
- Open body shape
- Pass to correct foot
- Timing of movement
- Awareness of second ball
- Communication

Visual Guide

Setup



Sequence 1

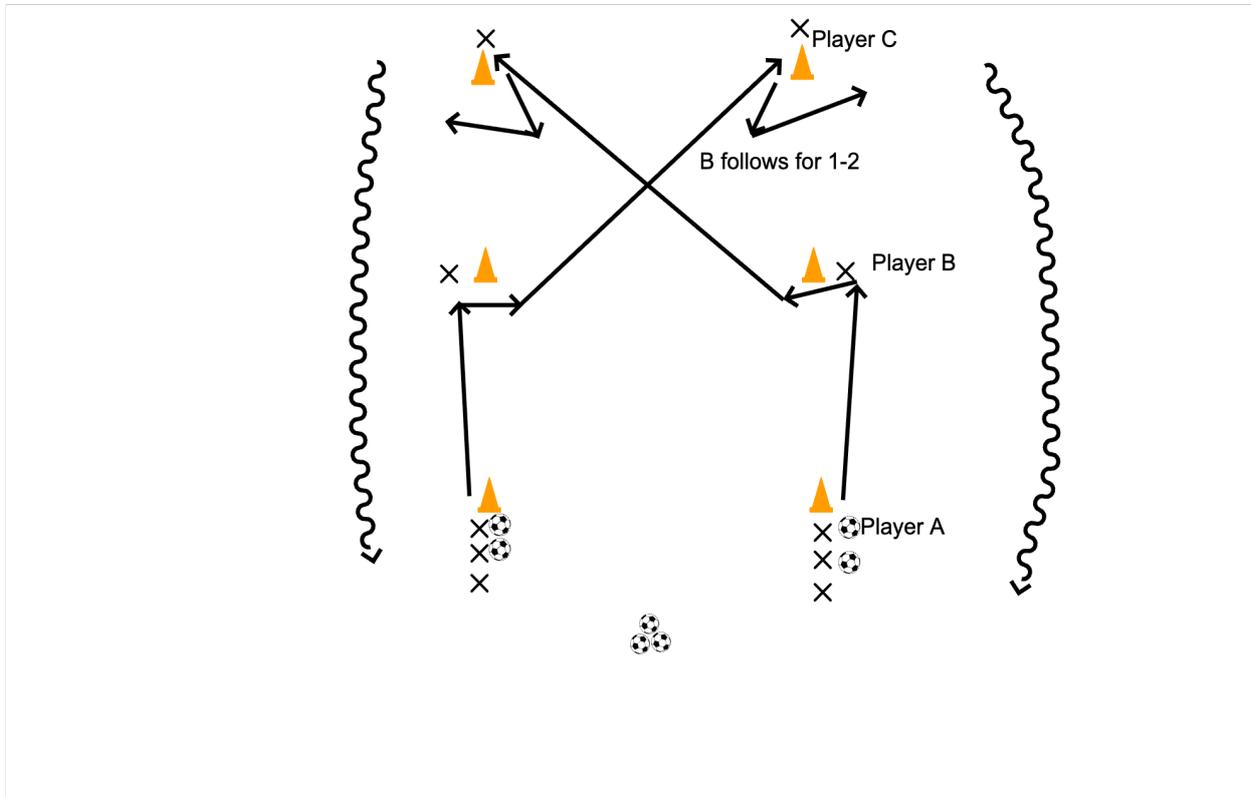


- Player A passes to Player B
- Player B controls behind cone then passes to Player C
- Player C returns the ball back
- Third and fourth ball start when Player C receives the ball
- Both sides go the same with one ball starting 1 second ahead

Legend:

- Squiggly line represents dribble
- Straight arrow lines represent passing

Sequence 2

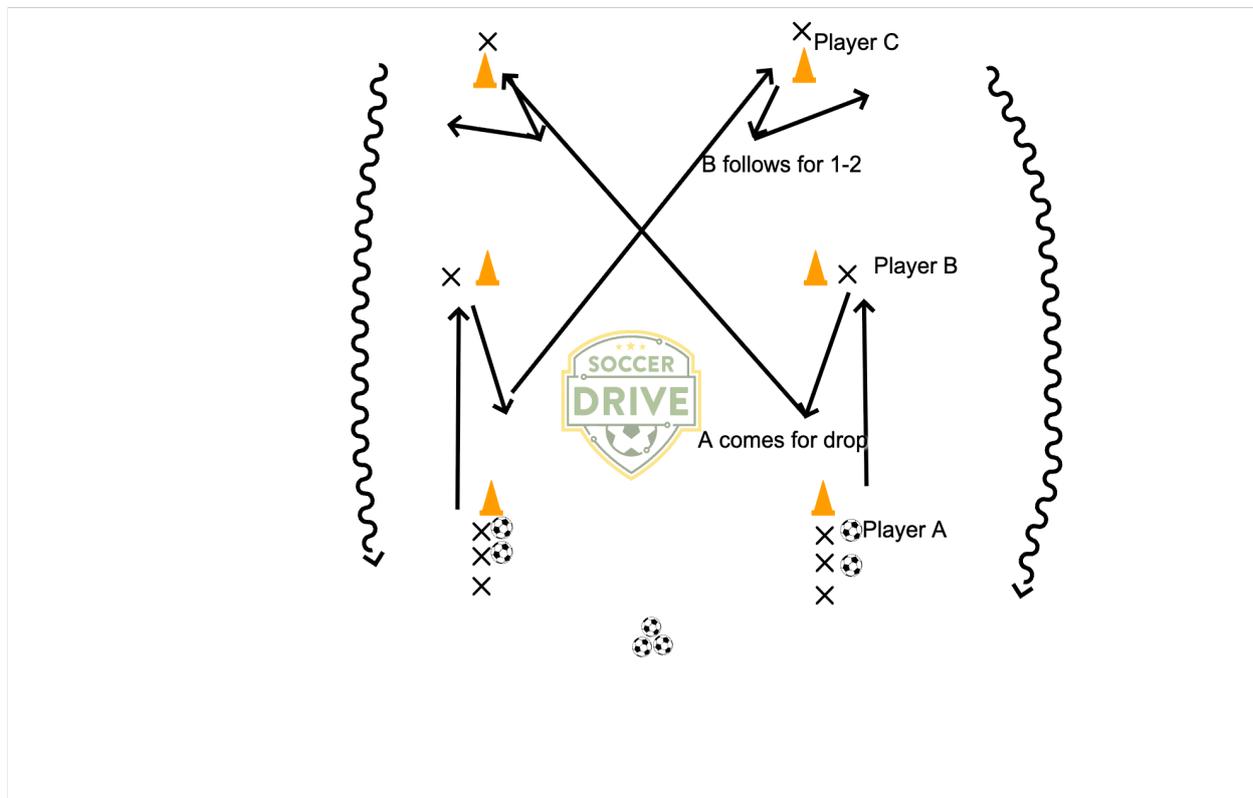


- Player A passes to Player B
- Player B takes a touch in front of cone then turns inside grid
- Player B passes to Player C
- Player B follows for a one-two at the cone
- Third and fourth ball start when Player C receives the ball
- Both sides go the same with one ball starting 1 second ahead

Legend:

- Squiggly line represents dribble
- Straight arrow lines represent passing

Sequence 3



- Player A passes to Player B
- Player B bounces the ball back to Player A
- Player A passes to Player C
- Player B follows for a one-two at the cone
- Third and fourth ball start when Player C receives the ball
- Both sides go the same with one ball starting 1 second ahead

Legend:

- Squiggly line represents dribble
- Straight arrow lines represent passing