

Four Line Alternate Passing

Drill Specifications

Drill Theme: Passing
Floor Position: Full Floor

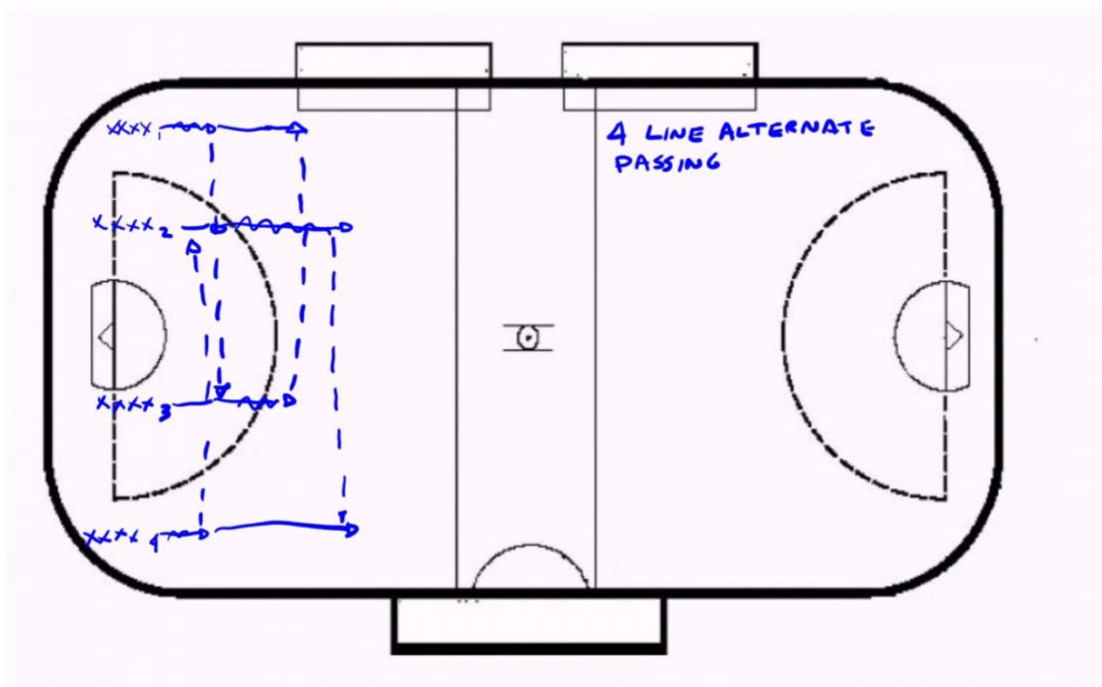
Drill Style: Skills
Time Needed: 10

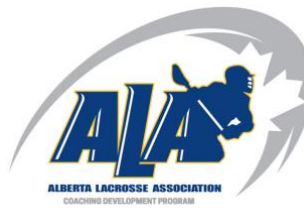
Objective

This drill is excellent for teaching players how to make quick passes through traffic.

Drill Description

Set up four lines across the goal line. Line 1 passes to Line 3, as they run the length of the floor. Simultaneously, Line 2 passes to Line 4 as they run the length of the floor.





Skills Practiced

- Passing

Variation

N/A

