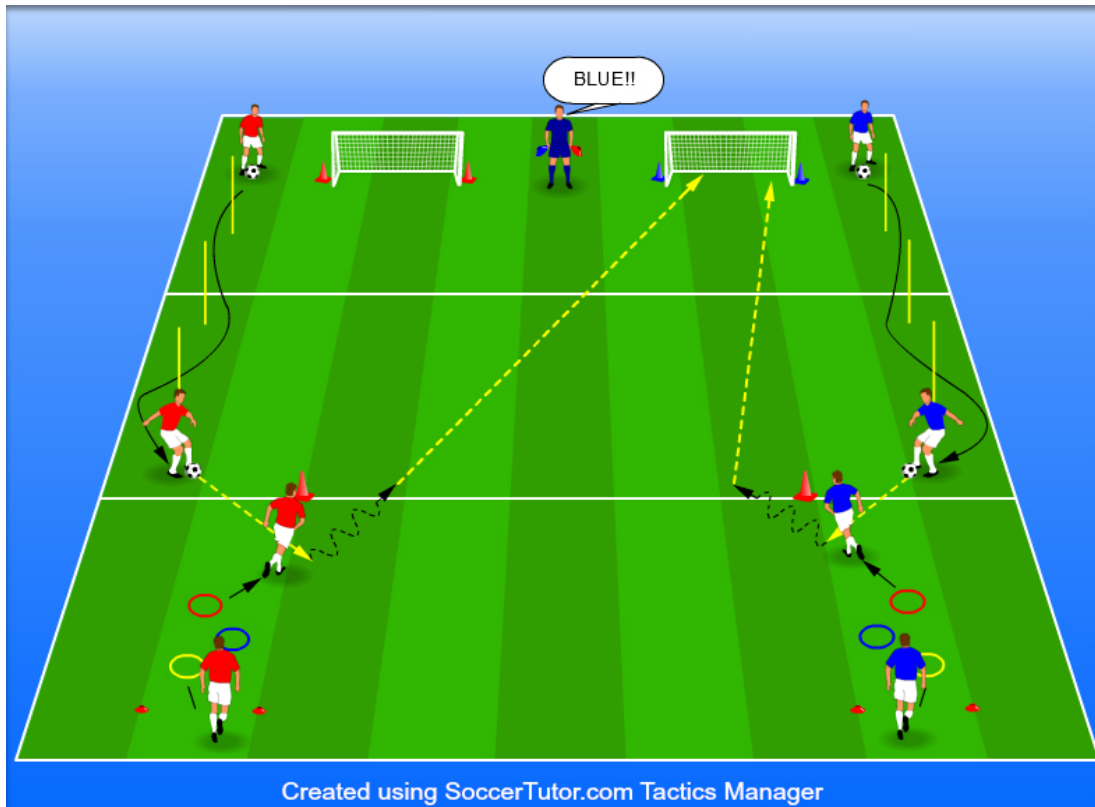


### Coordination, Passing and Receiving Game



**Levels:** U9-12

**Measurement:** 30 x 20 Yards

**Duration:** 10 Mins

**Players:** 8

**Objective:** Coordination, passing and receiving

**Description:** 2 players start at the same time with the ball, dribble through the poles and pass to their teammate who has skipped through the rings.

The coach calls the goal which the players must shoot in.

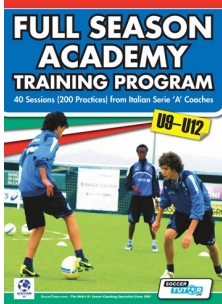
A point is won for the team by the player who scores first

**Progression:** Change the positioning of the rings and poles.

## Coordination, Passing and Receiving Game

### This Drill is Taken From...

### By Coach



40 Sessions (200 Practices) From Italian Serie 'A' Coaches

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Simone Bombardieri

Empoli FC Academy Coach .

### Equipment Needed



#### Boundary Poles



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#### Space Markers



[FIND OUT MORE](#)

#### Traffic Cones



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#### Rubber Marker Discs



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#### Small Target Goals



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#### Agility Hoops



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#### Training Ball



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#### Mini Pro Cones



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