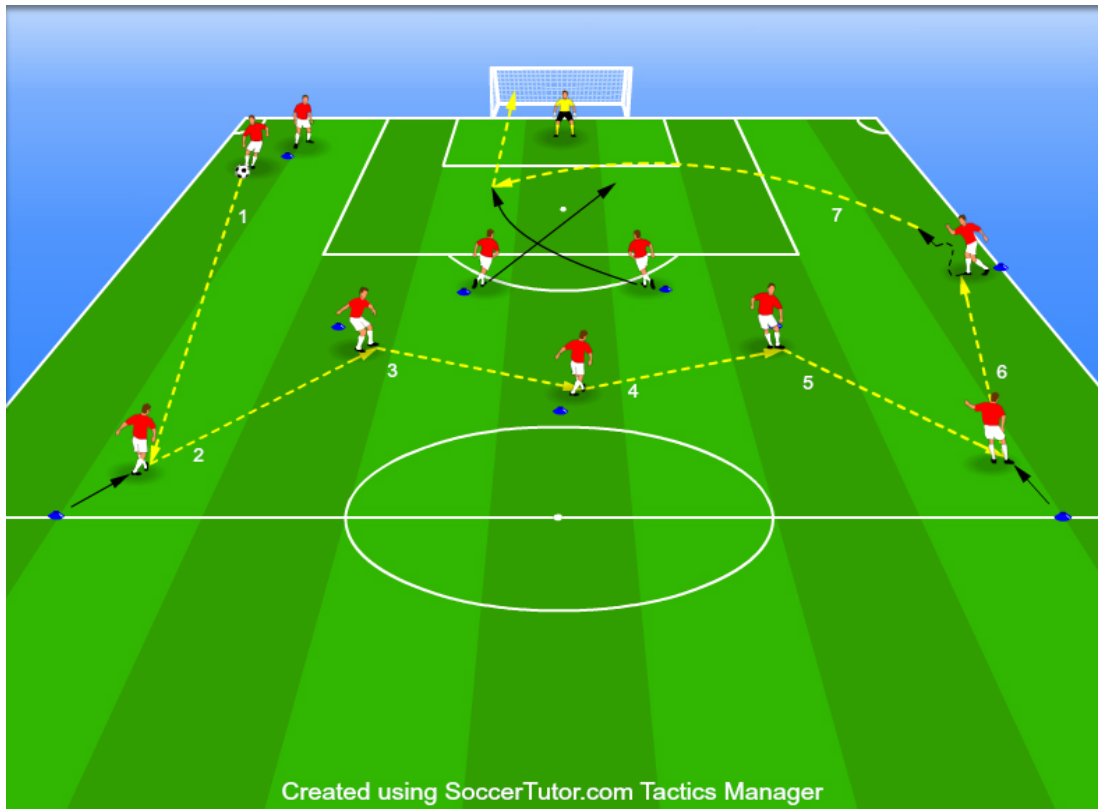


Passing Combination Play with Crossing & Finishing



Levels: U14-Pro

Measurement:

Half-Pitch

Duration: 24 Mins

Players:

11

Objective: Passing Combination Play with Crossing & Finishing

Description: A minimum 10 players (+GK) take part in this circuit and the players have to move through all positions to complete a lap. The passes are in the order shown in the diagram.

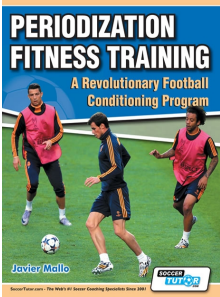
At the first 6 positions, after playing the ball, the player then runs to the next position. The 7th player takes a touch towards the byline and crosses for the 2 players in the middle. One player moves to the start position and 7 moves into the middle to try and score next time.

Volume: 4 sets (5 minutes each) with 1 minute recovery in between each set. In each set the direction and the kind of passing sequence should be modified.

Passing Combination Play with Crossing & Finishing

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Javier Mallo

Real Madrid Fitness Coach .

Equipment Needed



Space Markers



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Rubber Marker Discs



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Training Ball



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Mini Pro Cones



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