



Developmental Skills

(Michael M. Hensley • Technical Skills Trainer • TYSL)



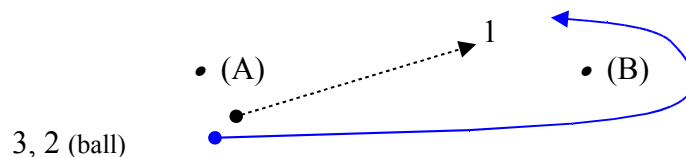
Warm Up

“As a coach, if you always make someone run through the forest, chances are all they will know how to do is run through the forest”.
This is great if your goal is to be a runner but not if you aspire to play soccer”.

Point of Emphasis

- **Develop Technique – Disguise Fitness!!** In an effort to maximize the quality of often limited practice time, it is essential that one place emphasis on technical development (especially with young athletes). In the event fitness is of concern, one should strive to creatively incorporate fitness into their technical exercises. It is advisable that fitness should **not** be included into a session at the expense of technical development.
- It goes without saying the greater number of touches one can include in an exercise the greater chance a young athlete will have of achieving success. Given a choice, young athletes will undoubtedly prefer to train with a ball.
- If one has mastered all elements of technical development then more of an emphasis on fitness and strength training can be incorporated.
- **Passers in a Line, One Touch Jogging with a ball**
 - Three players per group, one ball, two cones, place cones (10) meters apart
 - Clockwise using the right foot: w/(3) players (240) touches w/(4) players (320) touches = (800) meters
 - Counter clockwise using the left foot: w/(3) players (240) touches w/(4) players (320) touches = (800) meters
 - (1) lap per player = (20) meters, (20) laps per player = (400) meters, (40) laps per player = (800) meters
 - (2) touches per lap per player x (20) laps = (40) touches & (400) meters
 - (2) touches per lap per player x (40) laps = (80) touches & (800) meters
 - therefore (3) players x (40) laps per player = (240) touches & (800) meters
 - if you use (4) players x (40) laps = (320) touches & (800) meters

Note: You can have one group compete against another to see who can get to the set number of touches first. Example: if Team A consisting of three players can get to (240) touches in three minutes flat using their right foot & 3:05 with their left it would be the equivalent of each player on Team A running 1600 meters in 6:05. This is far more effective & certainly more fun for the players than just sending them off on a run. In addition to the conditioning your players will be developing a number of skills. While concentrating on the task at hand the young athletes will not realize how much they have just run. It is also important to note that the nature of this exercise allows the players to socialize to some extent. This aspect in many ways is far more beneficial to the development of the players than the actual conditioning or skill development.



- Player 2 at (A) starts with a ball.
- Player 1 at (A) jogs around (B) counter-clockwise.
- As player 1 approaches (B) player 2 passes the ball diagonally into the space where player 1 will run into when he or she rounds cone (B). (Note: it is important that the ball is played on the ground to the right foot).
- After player 2 passes into space for player 1, player 2 will then follow the same course as player 1.
- Player 1 after receiving the ball plays it back to player 3 at (A).
- Player 3 at (A) receives the ball from player 1 and plays it one time to player 2 who is now rounding (B).
- Repeat the sequence.



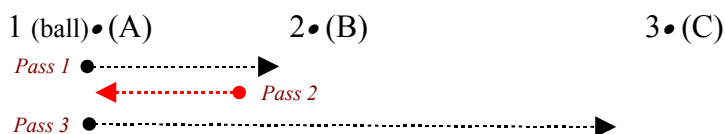
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- **Short, Short, Long**
- **Short, Short, Dummy-Long**
- **Short, Short, Short-Chip to Self (play long)**
- **Short, Short, Long-Chip w/chest control**

(Three players, one ball, three cones, place cones (10) meters apart - older players (15) meters apart)



- Player 1 at (A) starts with the ball and passes short to player 2 at (B).
- Player 2 at (B) returns the ball short to player 1 at (A) and then moves to (A).
- Player 1 at (A) now passes long to player 3 at (C), player then moves to (B).
- Player 3 at (C) passes short to 1 at (B).
- Player 1 at (B) returns the ball to player 3 at (C) then player 1 moves to (C).
- Player 3 at (C) passes long to player 2 at (A) then player 3 moves to (B).
- Repeat the sequence.



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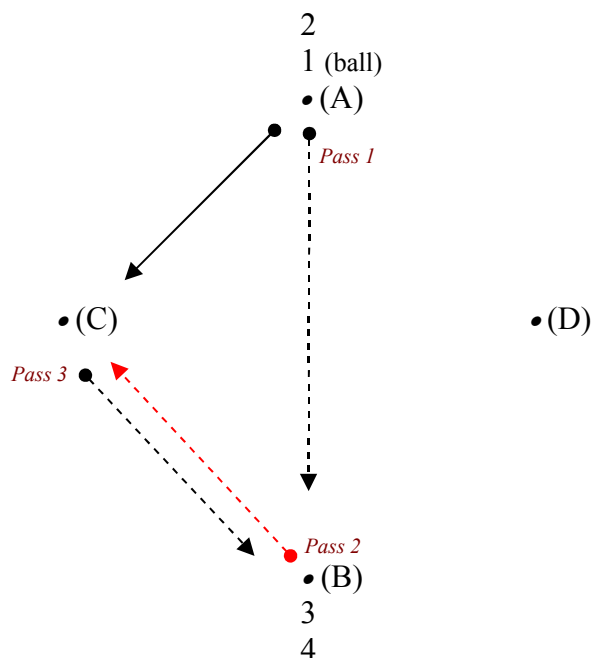
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➤ Diamond Drill: Long, Short, Short

○

(Four players, one ball, four cones)



- Player 1 at (A) passes long to player 3 at (B) and then moves off the ball to (C).
- Player 3 at (B) returns the ball to player 1 at (C).
- Player 1 at (C) now returns the ball to player 3 at (B) and moves to (B).
- Player 3 at (B) now passes long to player 2 at (A) and then moves off the ball to (D).
- Player 2 at (A) returns the ball to player 3 at (D).
- Player 3 at (D) now returns the ball to player 2 at (A) and then moves to (A).
- Repeat the sequence.



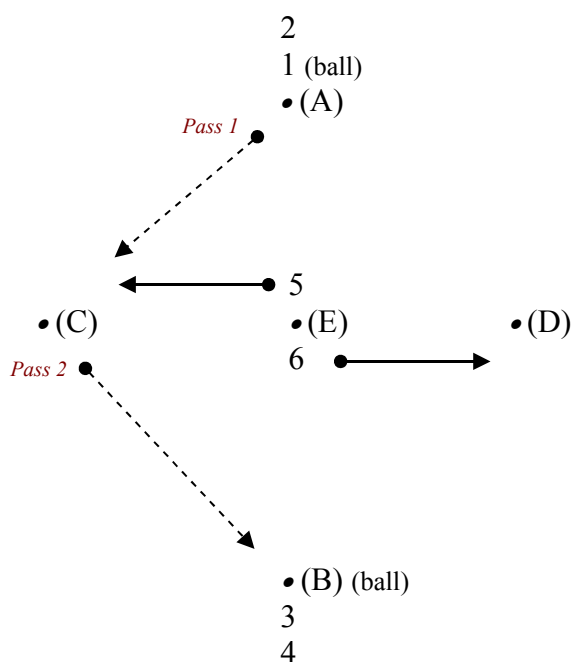
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- **Diamond Drill: Two Touch Shuffle**
- **Diamond Drill: One Touch**

(Six players, two balls, five cones)



- Player 1 at (A) and 3 at (B) start with a ball.
- Player 5 at (E) and 6 at (E) start facing back to back.
- At the same time Player 5 at (E) slide shuffles to (C) and 6 at (E) slide shuffles to (D).
- Player 1 at (A) passes short to player 5 who is now at (C).
- Player 3 at (B) passes short to player 6 who is now at (D).
- Player 5 at (C) while opening his/her hips to see the field receives the ball with the right foot and plays the ball on to player 4 at (B) with the left foot. After the pass player 1 moves to (B).
- Player 6 at (D) while opening his/her hips to see the field receives the ball with the right foot and plays the ball on to player 2 at (A) with the left foot. After the pass player 3 moves to (A).
- Repeat the sequence.
- After a set time repeat in the opposite direction.



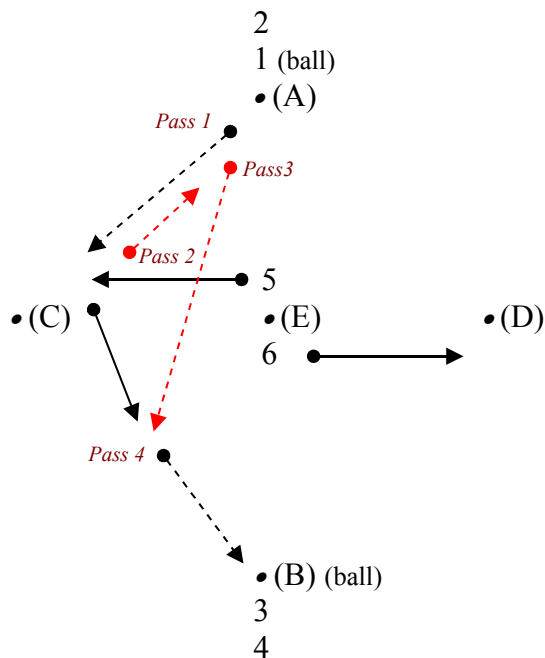
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- **Diamond Drill: Diagonal Short, Drop, Through**
 - **Note: One complete revolution (8) touches**

(Six players, two balls, five cones)



- Player 1 at (A) and 3 at (B) start with a ball.
- Player 5 at (E) and 6 at (E) start facing back to back.
- At the same time Player 5 at (E) slide shuffles to (C) and 6 at (E) slide shuffles to (D).
- Player 1 at (A) passes short to player 5 who is now at (C).
- Player 5 at (C) drops the ball back to player 1 at (A)
- Player 1 at (A) plays a through ball to player 5 who rolled off his defender and is moving toward (B).
- Player 5 receives the ball and sends it on to player 4 at (B).
- Simultaneously, Player 3 at (B) passes short to player 6 who is now at (D).
- Player 6 at (D) drops the ball back to player 3 at (B)
- Player 3 at (B) plays a through ball to player 6 who rolled off his defender and is moving toward (A).
- Player 6 receives the ball and sends it on to player 2 at (A).
- Repeat the sequence.
- After a set time repeat in the opposite direction.



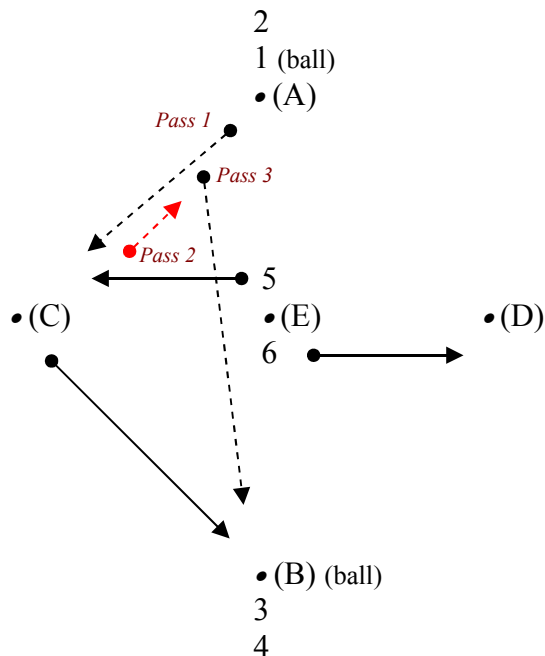
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- **Diamond Drill: Diagonal Short, Drop, Long**
 - **Note: One complete revolution (6) touches**

(Six players, two balls, five cones)



- Player 1 at (A) and 3 at (B) start with a ball.
- Player 5 at (E) and 6 at (E) start facing back to back.
- At the same time Player 5 at (E) slide shuffles to (C) and 6 at (E) slide shuffles to (D).
- Player 1 at (A) passes short to player 5 who is now at (C).
- Player 5 at (C) drops the ball back to player 1 at (A) rolls off an imaginary defender and moves to (B)
- Player 1 at (A) plays a long ball to player 4 at (B).
- Player 3 at (B) passes short to player 6 who is now at (D).
- Player 6 at (D) drops the ball back to player 3 at (B) rolls off an imaginary defender and moves to (A)
- Player 3 at (B) plays a long ball to player 2 at (A).
- Repeat the sequence.
- After a set time repeat in the opposite direction.



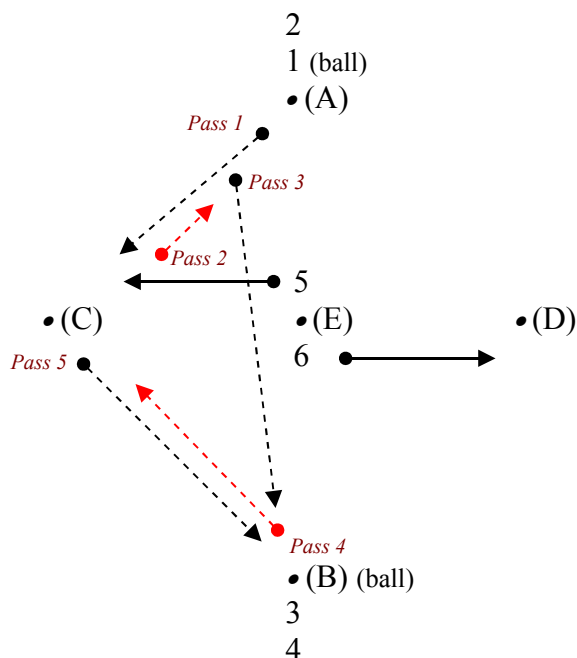
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- **Diamond Drill: Diagonal Short, Drop, Long, Drop, Back To**
- **Diamond Drill: Diagonal Short, Drop, Chip, Drop, Back To**
 - **Note: One complete revolution (10) touches**

(Six players, two balls, five cones)



- Player 1 at (A) and 3 at (B) start with a ball.
- Player 5 at (E) and 6 at (E) start facing back to back.
- At the same time Player 5 at (E) slide shuffles to (C) and 6 at (E) slide shuffles to (D).
- Player 1 at (A) passes short to player 5 who is now at (C).
- Player 5 at (C) drops the ball back to player 1 at (A)
- Player 1 at (A) plays a long ball to player 4 at (B).
- Player 4 at (B) drops the ball to player 5 at (C) who in turn plays it back to 4 at (B).
- Player 3 at (B) passes short to player 6 who is now at (D).
- Player 6 at (D) drops the ball back to player 3 at (B)
- Player 3 at (B) plays a long ball to player 2 at (A).
- Player 2 at (A) drops the ball to player 6 at (D) who in turn plays it back to 2 at (A).
- Repeat the sequence.
- After a set time repeat in the opposite direction.



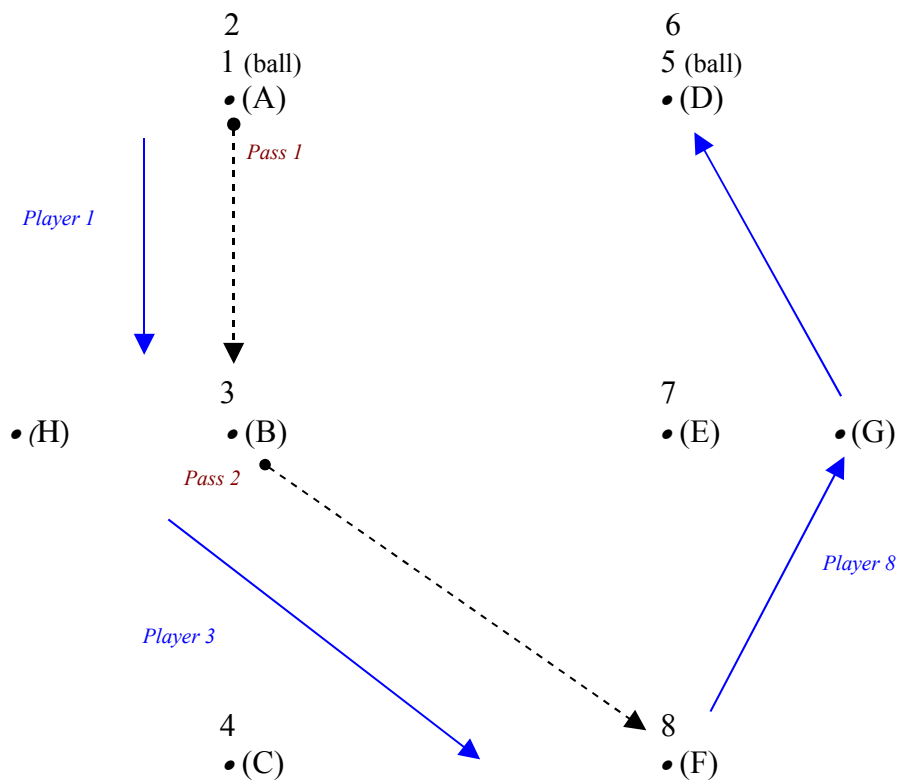
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➤ H Drill: Turning With A Ball, Passing & Dribbling

- Turn w/outside of the front foot / Returning Dribbler - Outside Twist Off
- Turn w/inside of the front foot / Returning Dribbler - Helicopter Turn
- Turn w/inside of the back foot / Returning Dribbler - Cut Behind The Leg
- Flick On w/outside of the front foot
- Flick On w/inside of the front foot
- Pullback Turn



- Place cones (15) meters apart, (8) Players, (8) Cones, (2) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B) who turns with the ball and plays it to player 8 at (F)
- Player 8 at (F) dribbles lateral toward cone does outside twist-off with the right foot then sprints to (D)
- Simultaneously, player 5 at (D) follows the same sequence.
- **Note:** Player 4 at (C) does outside twist-off with the left foot then sprints to (A)
- Repeat the sequence



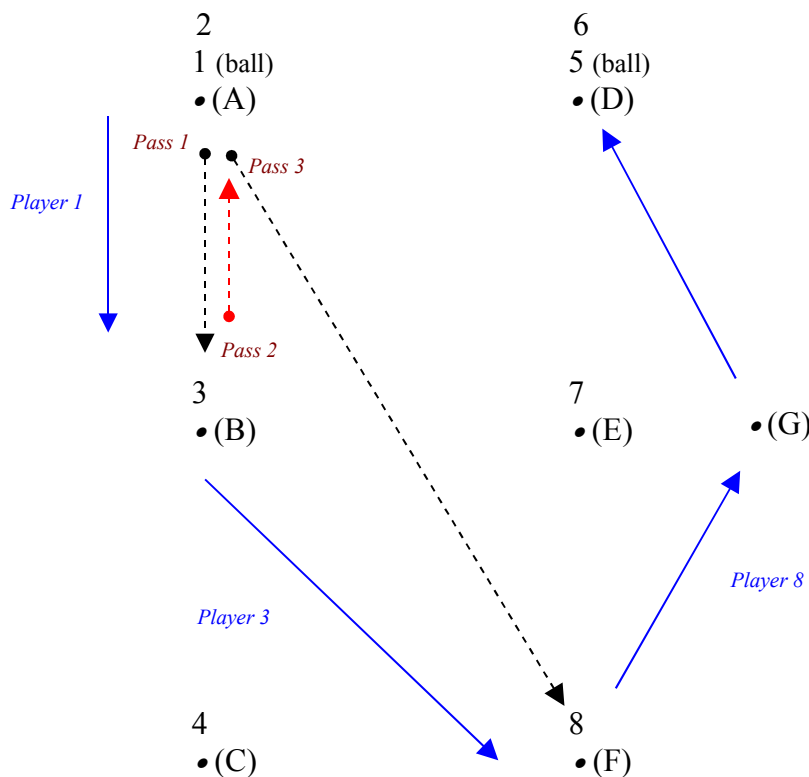
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➤ H Drill: Short, Short, Diagonal Long

- *Returning Dribbler - Outside Twist Off, Helicopter Turn, Cut Behind The Leg, etc.*



- Place cones (15) meters apart, (8) players, (8) Cones, (2) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a long diagonal ball to Player 8 at (F)
- Player 8 at (F) dribbles lateral toward cone (G) helicopter turns with the left foot then sprints to (D)
- Simultaneously, Player 5 at (D) follows the same sequence.
- **Note:** Player 4 at (C) is to helicopter turn with the right foot at (H) then sprint to (A)
- Repeat the sequence.

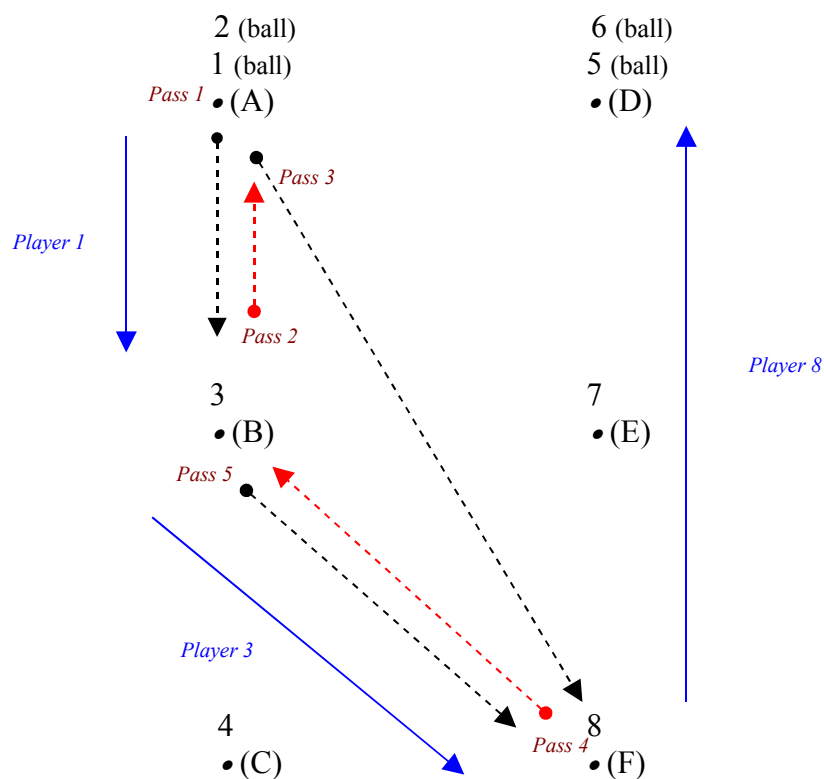


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➤ H Drill: Short, Short, Diagonal Long, Drop, Short



- Place cones (15) meters apart, (8) players, (6) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a long diagonal ball to Player 8 at (F)
- Player 8 at (F) drops the ball back to Player 3 at (B)
- Player 3 at (B) returns the ball to player 8 at (F)
- Player 8 at (F) dribbles with pace to (D)
- Simultaneously, Player 5 at (D) follows the same sequence.

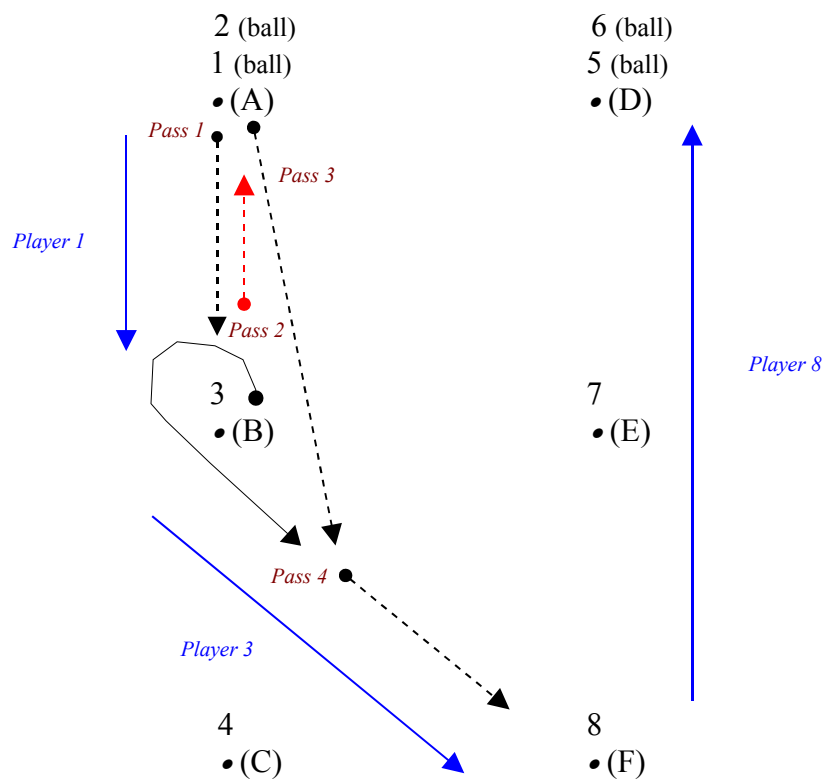


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➤ H Drill: Short, Short, Through, Short



- Place cones (15) meters apart, (8) players, (6) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a through ball to Player 3 who rolled off an imaginary defender and is moving toward (F).
- Player 3 receives the ball and plays it to player 8 at (F).
- Simultaneously, Player 5 at (D) follows the same sequence.

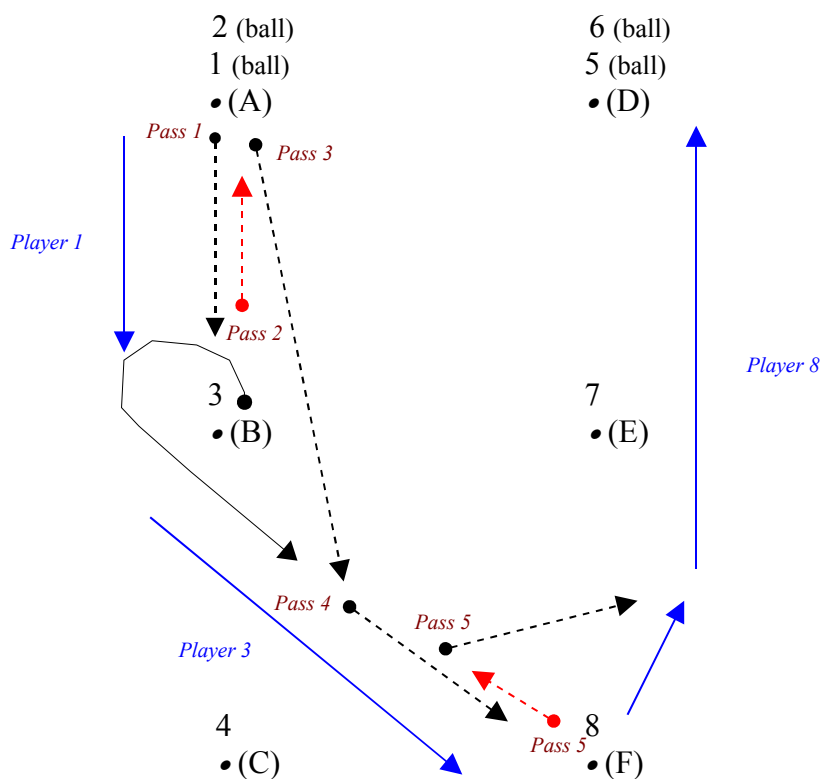


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➤ H Drill: Short, Short, Through, One-Two



- Place cones (15) meters apart, (8) players, (6) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a through ball to Player 3 who rolled off an imaginary defender and is moving toward (F).
- Player 3 receives the ball and plays it to player 8 at (F).
- Player 8 at (F) plays a one-two with Player 3.
- Simultaneously, Player 5 at (D) follows the same sequence.

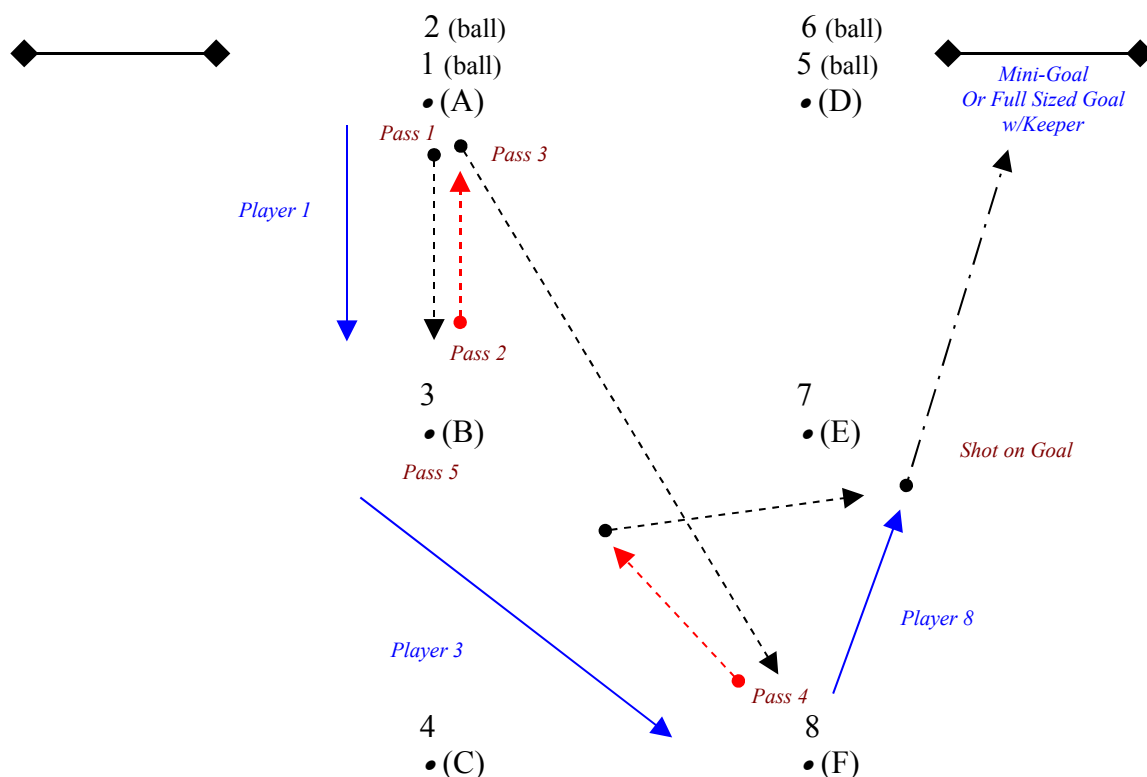


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➤ H Drill, Shooting: Short, Short, Diagonal Long, Wall Pass, Shot



- Place cones (15) meters apart, (8) players, (6) Cones, (4) Balls, (2) Goals
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a long diagonal ball to Player 8 at (F)
- Player 8 at (F) Wall Passes with Player 3
- Player 3 returns the ball to player 8 who then shoots on goal.
- Simultaneously, Player 5 at (D) follows the same sequence.

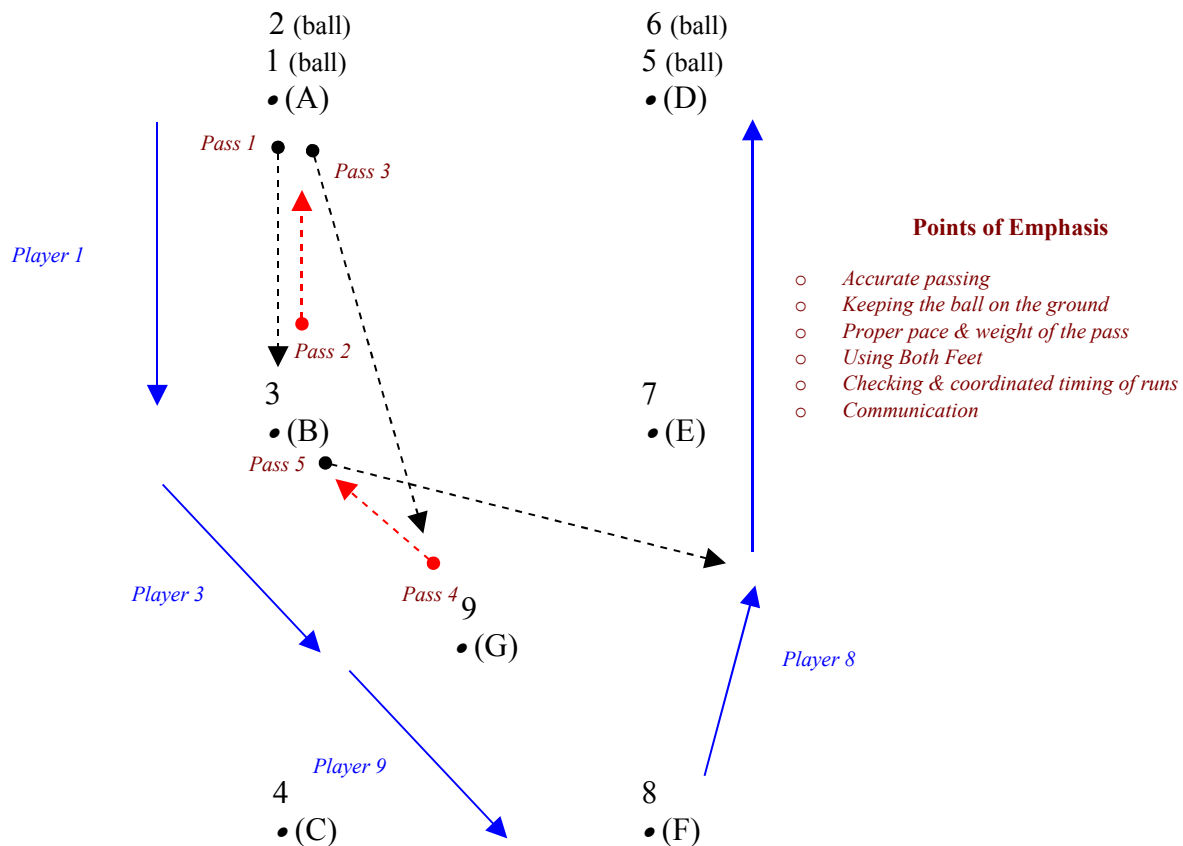


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➤ H Drill w/Extra Player: Short, Short, Diagonal, Drop, Split



- Place cones (15) meters apart, (9) Players, (7) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a diagonal ball to Player 9 at (G)
- Player 9 at (G) drops the ball back to Player 3 at (B)
- Player 3 at (B) plays the ball to split for player 8 at (F)
- Player 8 at (F) dribbles with pace to (D)
- Player 5 at (D) repeats the sequence in the opposite direction.

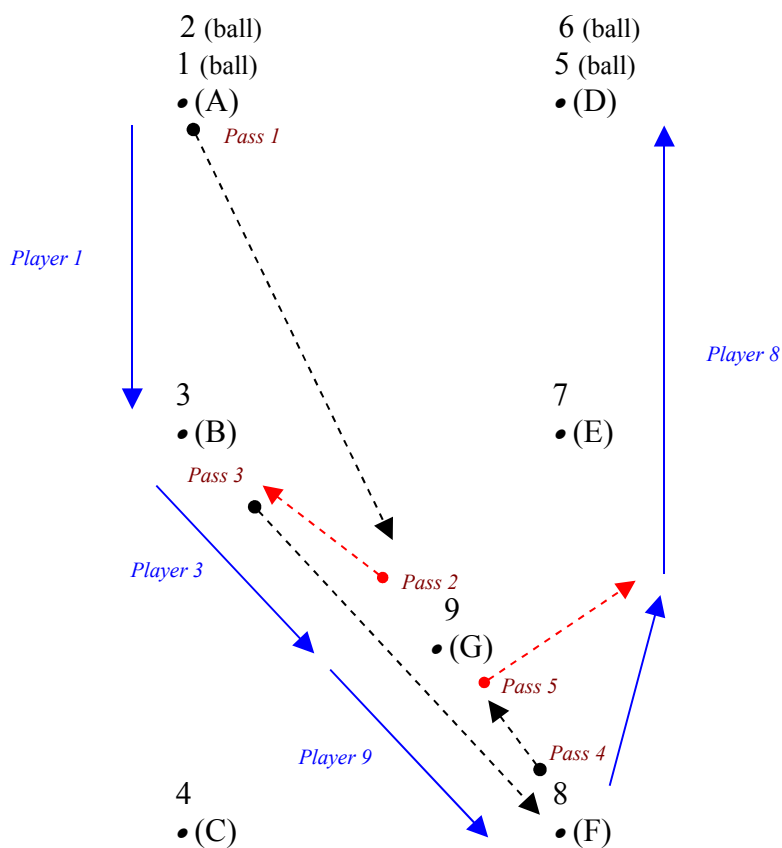


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➤ H Drill w/Extra Player: Misdirection



- Place cones (15) meters apart, (9) Players, (7) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) feints a pass to Player 3 at (B) and instead plays diagonal to player 9 at (G)
- Player 9 at (G) drops the ball to Player 3 at (B)
- Player 3 at (B) sends the ball to player 8 at (F)
- Player 8 at (F) then wall passes with player 9 at (G) and dribbles back to (D)
- Player 5 at (D) repeats the sequence in the opposite direction.

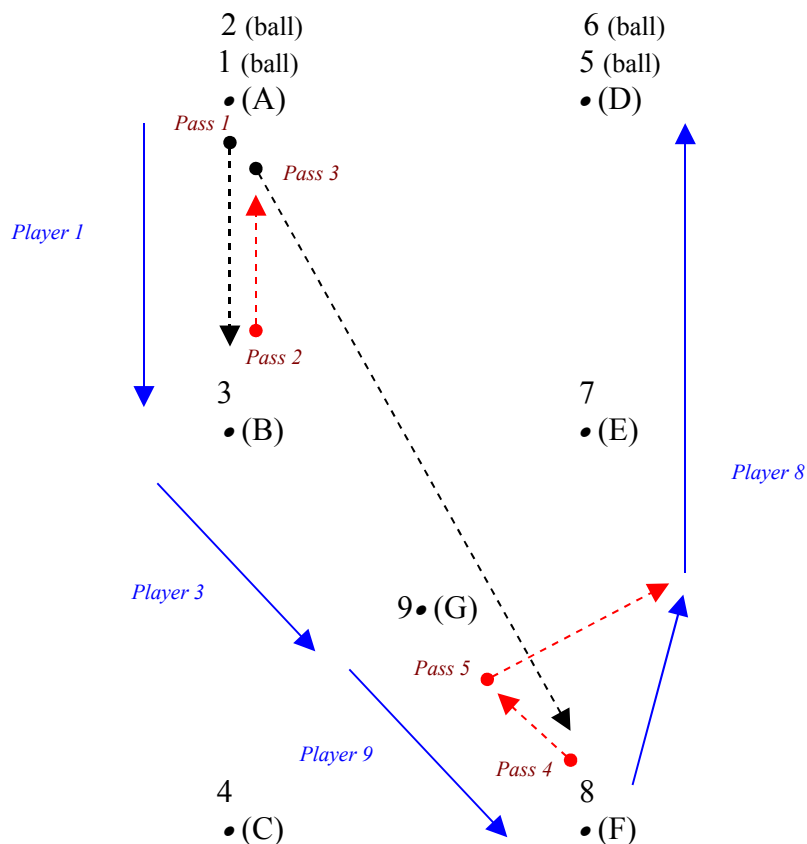


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➤ H Drill w/Extra Player: Dummy



- Place cones (15) meters apart, (9) Players, (7) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a long diagonal ball to Player 8 at (F) Player 9 at (G) dummies the long pass
- Player 8 at (F) drops the ball back to Player 9 at (G)
- Player 9 at (G) returns the wall pass to player 8 who is moving toward (D).
- Player 8 dribbles to (D)
- Player 5 at (D) repeats the sequence in the opposite direction.

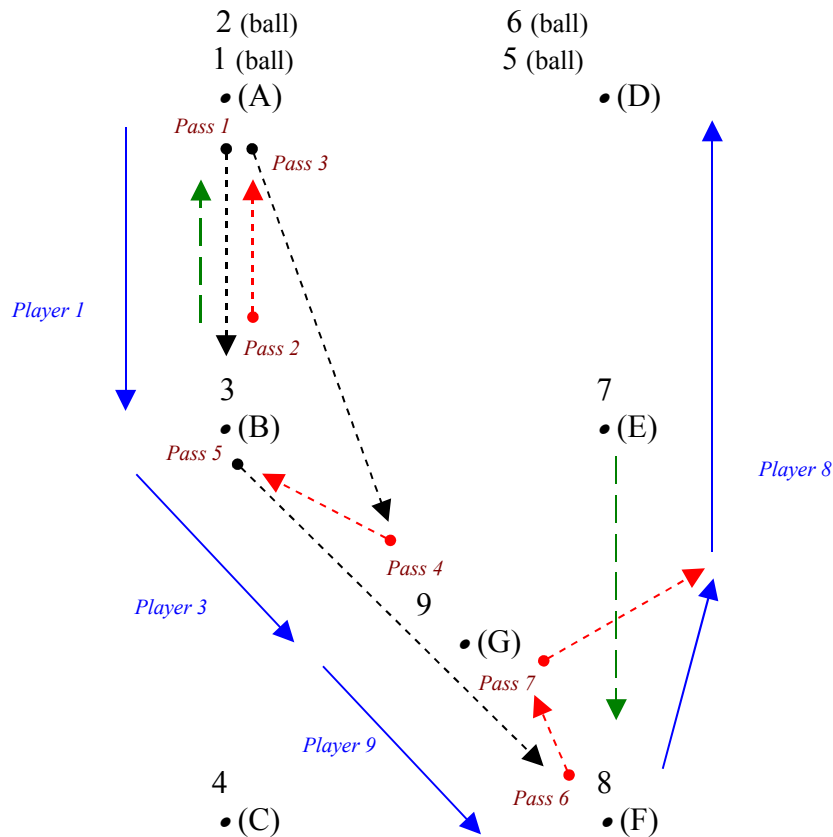


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➤ H Drill w/Extra Player: Double Wall Pass



- Place cones (15) meters apart, (9) Players, (7) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A) then approaches 1 at (A) simulating a defender
- Player 1 at (A) plays a wall pass to Player 9 at (G)
- Player 9 at (G) returns the ball to Player 1
- Player 1 now plays the ball to player 8 at (F)
- Player 7 at (E) approaches 8 at (F) simulating a defender
- Player 8 at (F) wall passes with player 9 at (G) then dribbles back to (D)
- Player 5 at (D) repeats the sequence in the opposite direction.

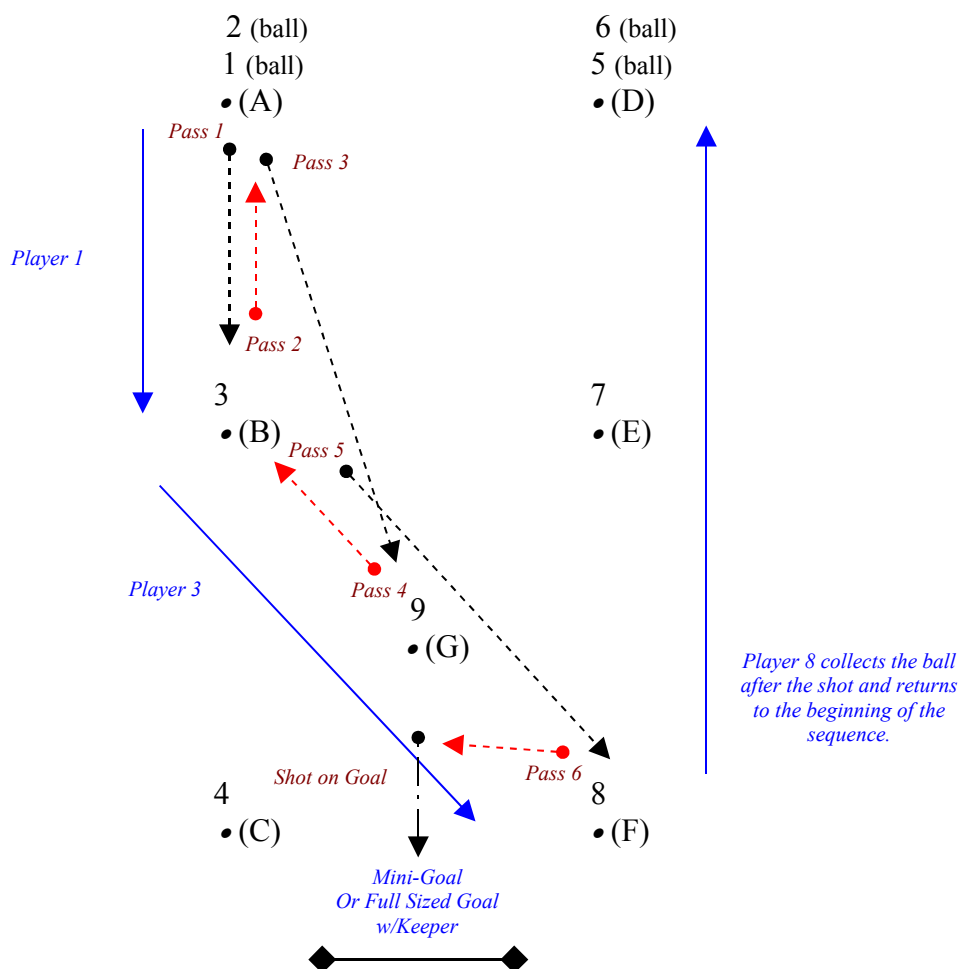


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➤ H Drill w/Extra Player, Shooting: Short, Short, Diagonal, Drop, Split



- Place cones (15) meters apart, (9) Players, (7) Cones, (4) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a diagonal ball to Player 9 at (G)
- Player 9 at (G) drops the ball back to Player 3 at (B)
- Player 3 at (B) plays the ball to player 8 at (F)
- Player 8 at (F) lays the ball off for Player 9 to shoot on goal.
- Player 5 at (D) repeats the sequence in the opposite direction.

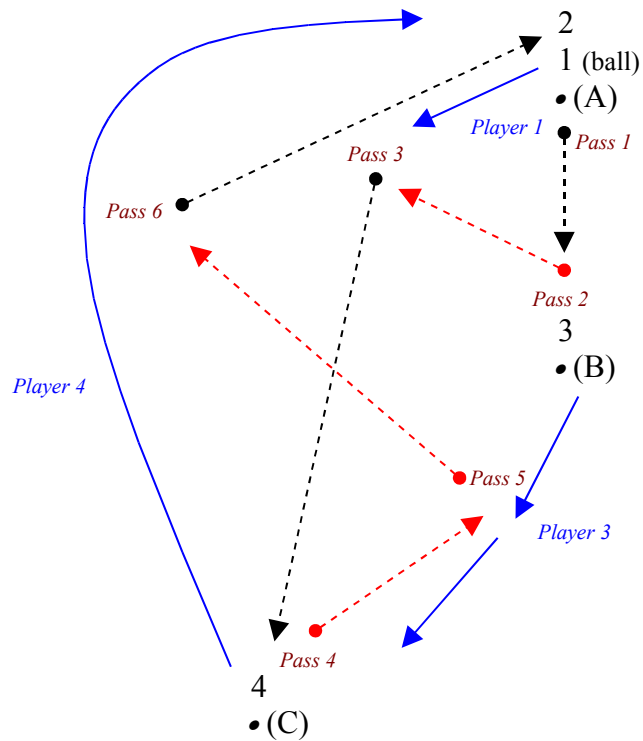


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➤ Y Drill, Continuous Flow I:



Player 1 moves to (B) after the long pass

Points of Emphasis

- Accurate passing
- Keeping the ball on the ground
- Proper pace & weight of the pass
- Using Both Feet
- Checking & coordinated timing of runs
- Communication

- Place cones (15) meters apart, (5) Players, (4) Cones, (1) Ball
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) then moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) wall passes to Player 3 at (B).
- Player 3 at (B) returns the wall pass Player 4
- Player 4 sends the ball to Player 2 at (A)
- Repeat the sequence on the opposite side.

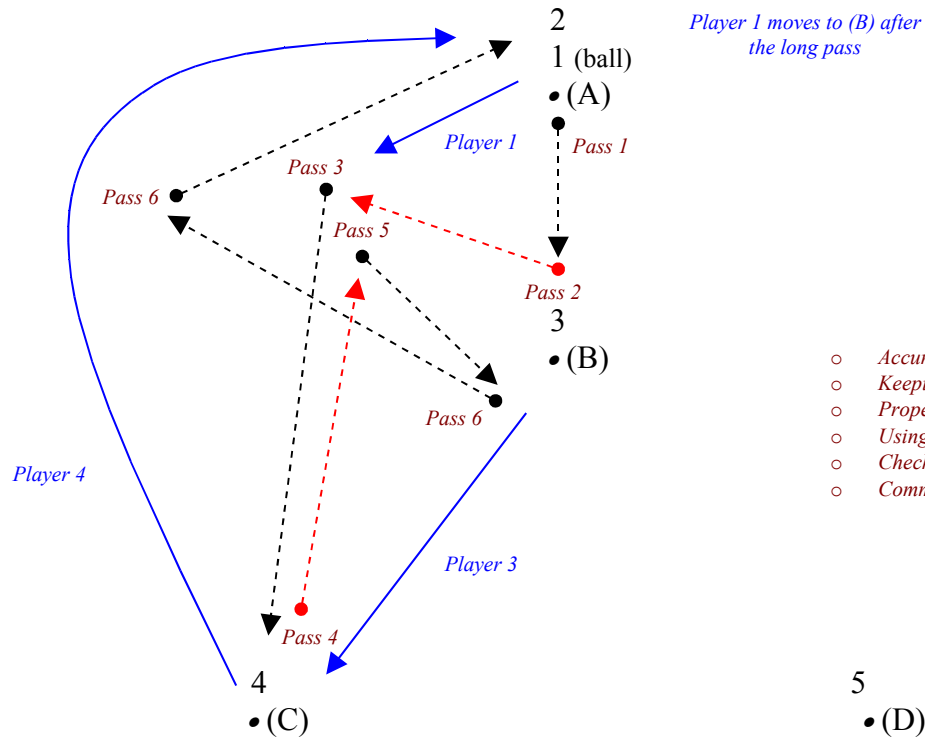


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➤ Y Drill, Continuous Flow II:



Points of Emphasis

- Accurate passing
- Keeping the ball on the ground
- Proper pace & weight of the pass
- Using Both Feet
- Checking & coordinated timing of runs
- Communication

- Place cones (15) meters apart, (5) Players, (4) Cones, (1) Ball
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) then moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) wall passes to Player 3 at (B).
- Player 3 at (B) returns the wall pass to Player 4
- Player 4 sends the ball to Player 2 at (A)
- Repeat the sequence on the opposite side.

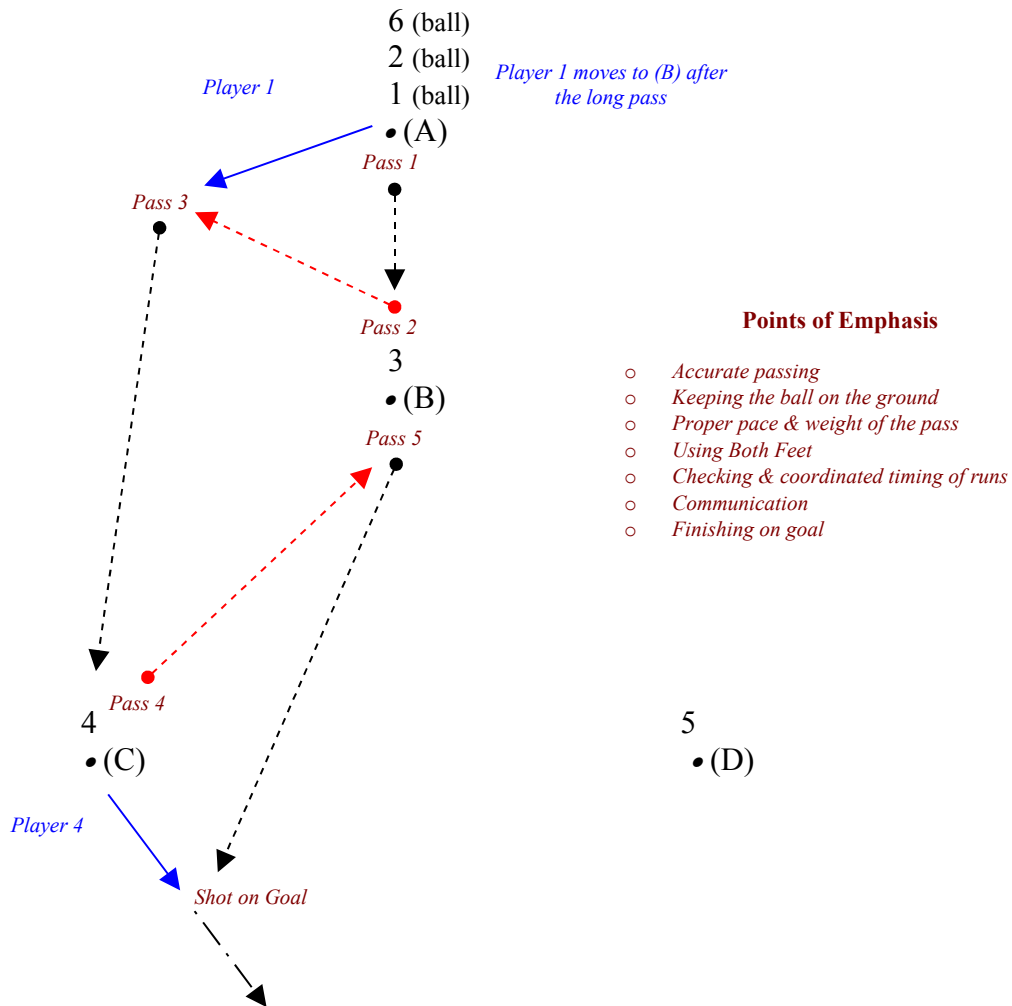


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➤ Y Drill, Shooting/Through Balls:



- Place cones (15) meters apart, (6) Players, (4) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) then moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) drops to Player 3 at (B) rolls off an imaginary defender, (staying onside) makes a run to goal.
- Player 3 at (B) plays a through ball for Player 4 who runs on to it and shoots on goal
- Repeat the sequence on the opposite side.

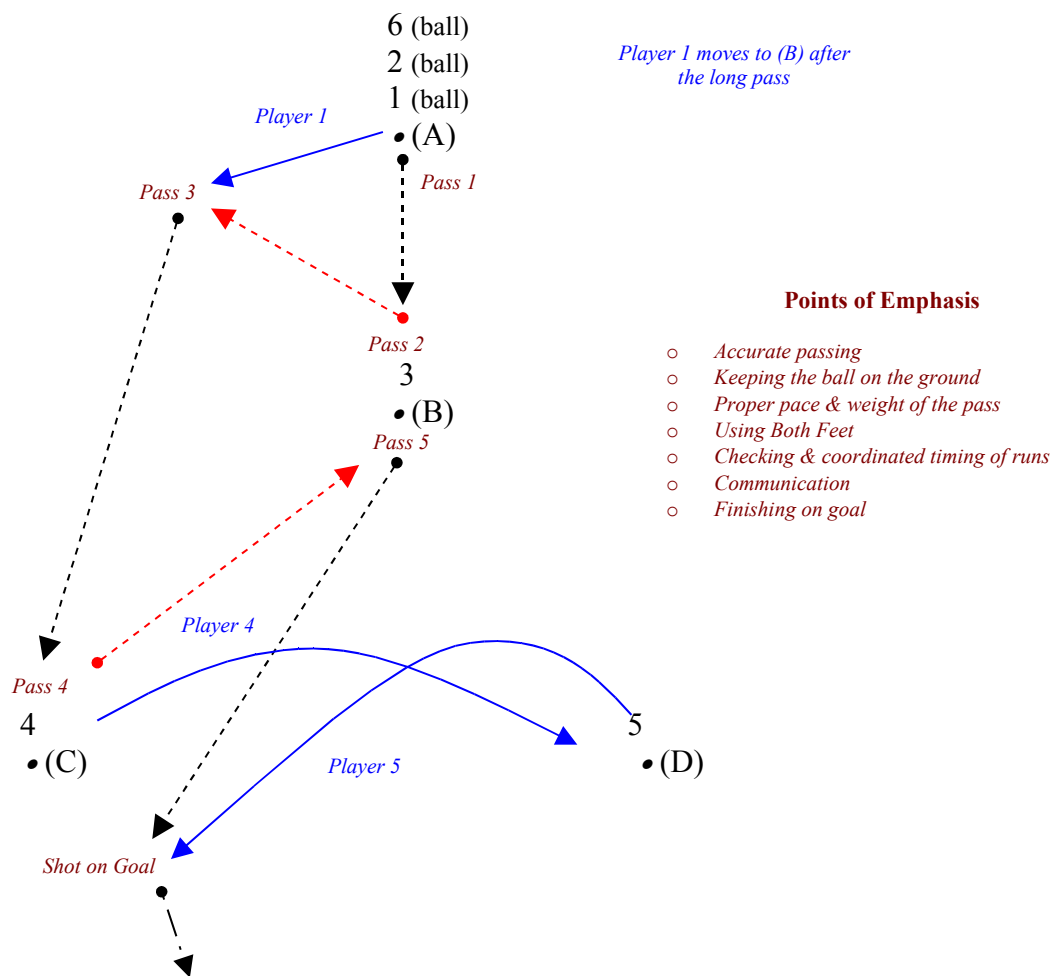


Developmental Skills

(Michael M. Hensley • Technical Skills Trainer • TYSL)



- **Y Drill, Shooting/Crossing Forward Runs:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



- Place cones (15) meters apart, (6) Players, (4) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) then moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) drops to Player 3 at (B) & then crosses with Player 5 at (D).
- Player 3 at (B) plays a through ball for Player 5 who shoots on goal.
- Repeat the sequence.

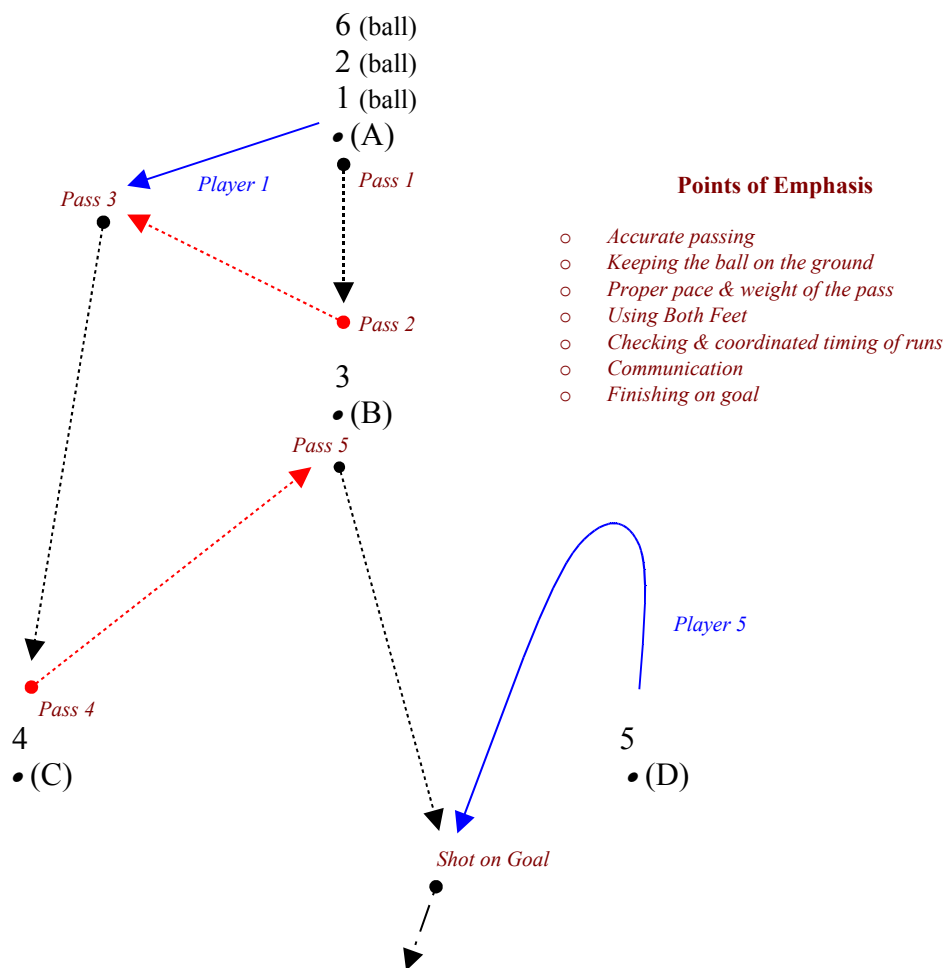


Developmental Skills

(Michael M. Hensley • Technical Skills Trainer • TYSL)



- **Y Drill, Shooting/Third Person Run:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



- Place cones (15) meters apart, (6) Players, (4) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) then moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) drops to Player 3 at (B).
- Player 3 at (B) plays a through ball for Player 5 who shoots on goal.
- Repeat the sequence.

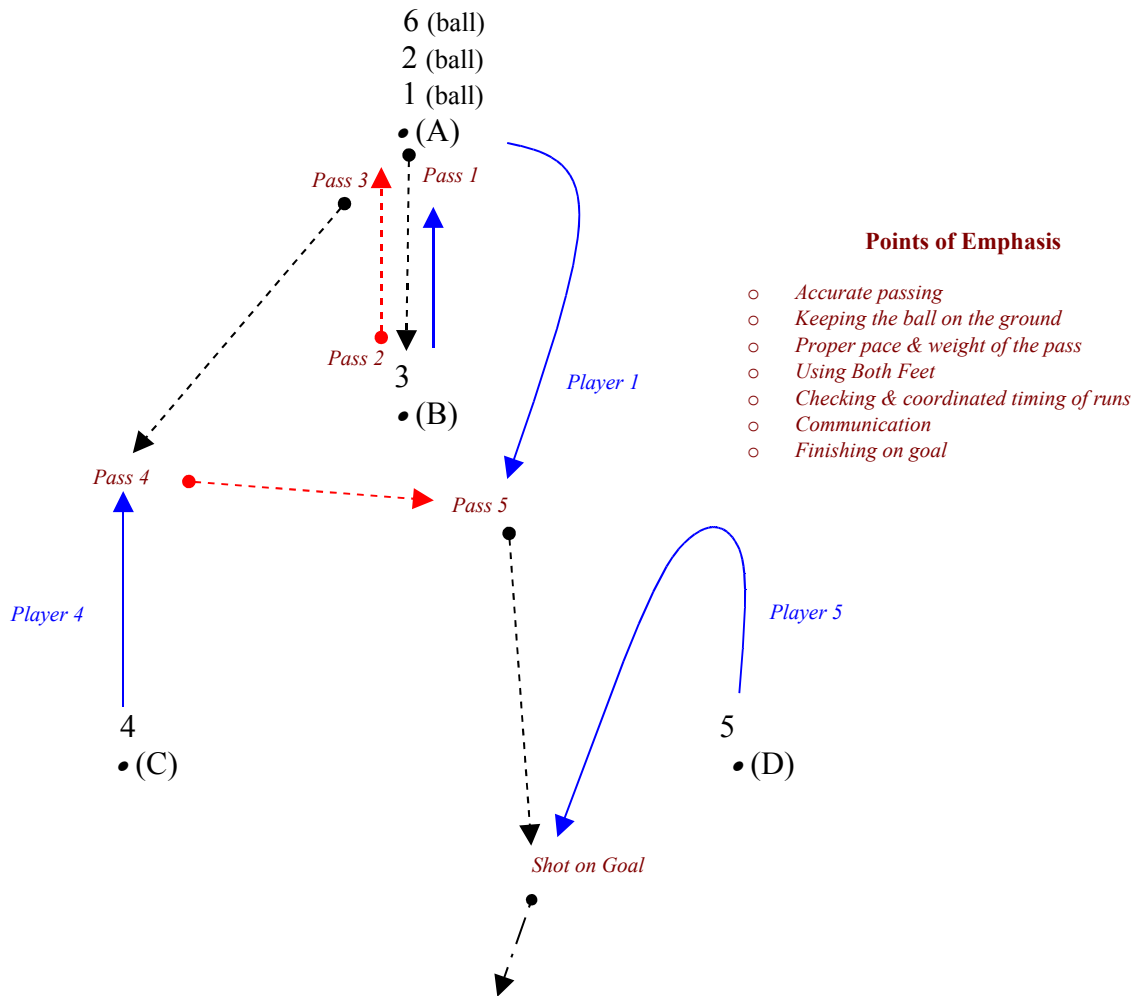


Developmental Skills

(Michael M. Hensley • Technical Skills Trainer • TYSL)



- **Y Drill, Shooting/Wall Pass, Third Person Run:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



- Place cones (15) meters apart, (6) Players, (4) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B)
- Player 3 drops to Player 1 at (A) then approaches (A) simulating a defender.
- Player 1 at (A) plays a wall pass to Player 4.
- Player 4 returns the wall pass to Player 1.
- Player 1 now plays a through ball for Player 5 who shoots on goal.
- Repeat the sequence.

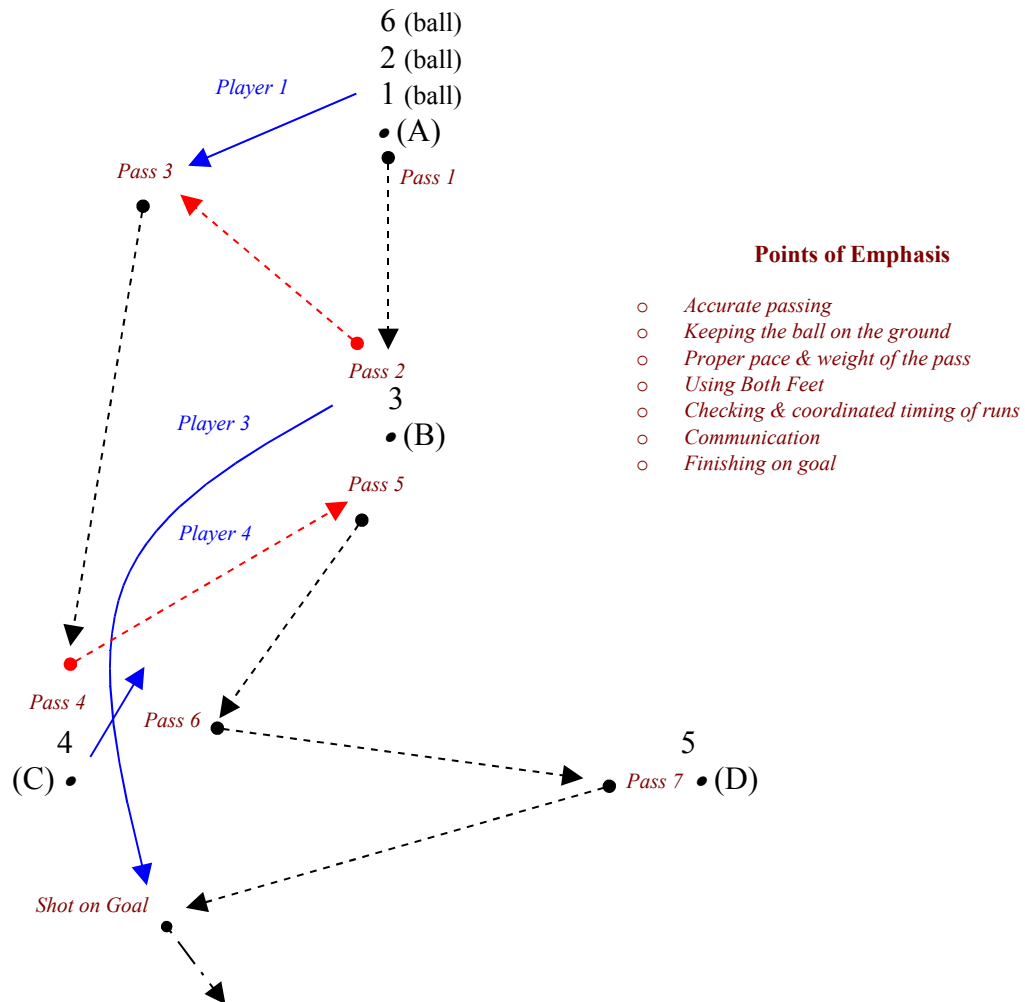


Developmental Skills

(Michael M. Hensley • Technical Skills Trainer • TYSL)



- **Y Drill, Shooting/Overlapping Mid:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



- Place cones (15) meters apart, (6) Players, (4) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) then moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) drops to Player 3 at (B).
- Player 3 at (B) returns the ball to Player 4 who plays a diagonal ball to Player 5 at (D).
- Player 5 at (D) plays a through ball for Player 4 who shoots on goal.
- Repeat the sequence.

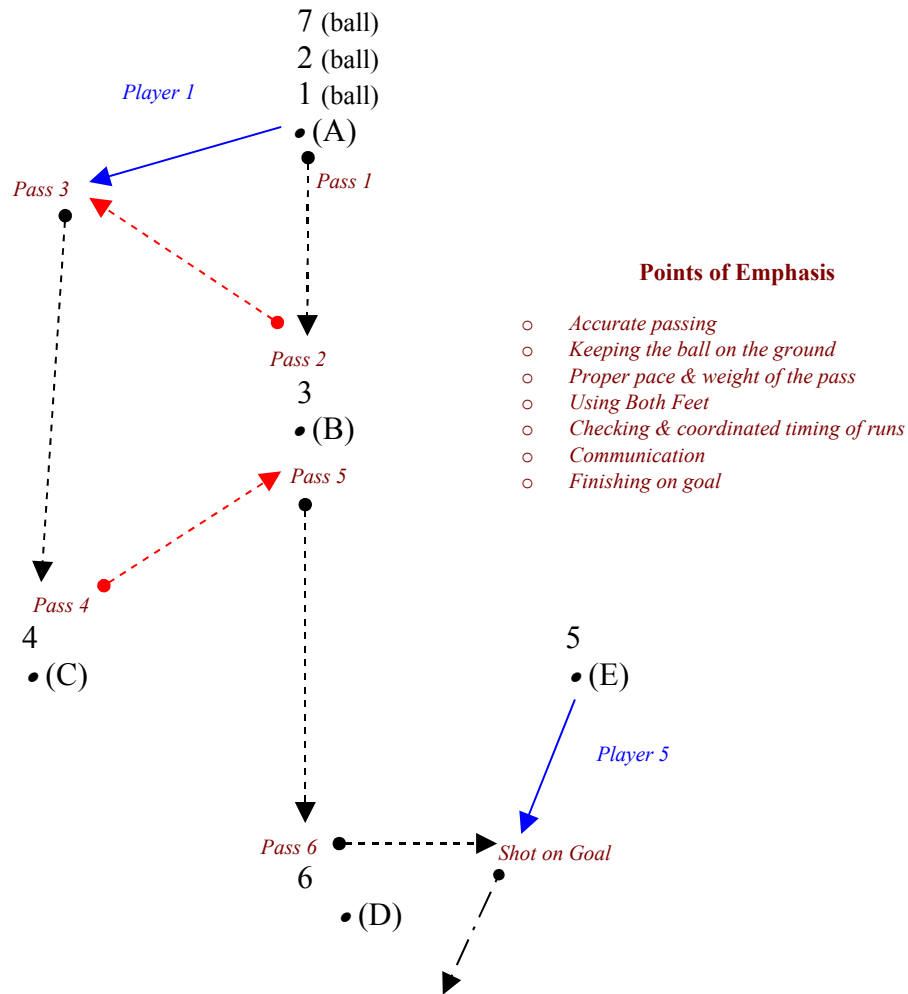


Developmental Skills

(Michael M. Hensley • Technical Skills Trainer • TYSL)



- **Y Drill, With Advanced Forward, Shooting:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



- Place cones (15) meters apart, (7) Players, (5) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) player 1 moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) drops to Player 3 at (B).
- Player 3 at (B) plays Player 6 at (D) who lays the ball off for Player 5 at (E) to shoot.
- Repeat the sequence.

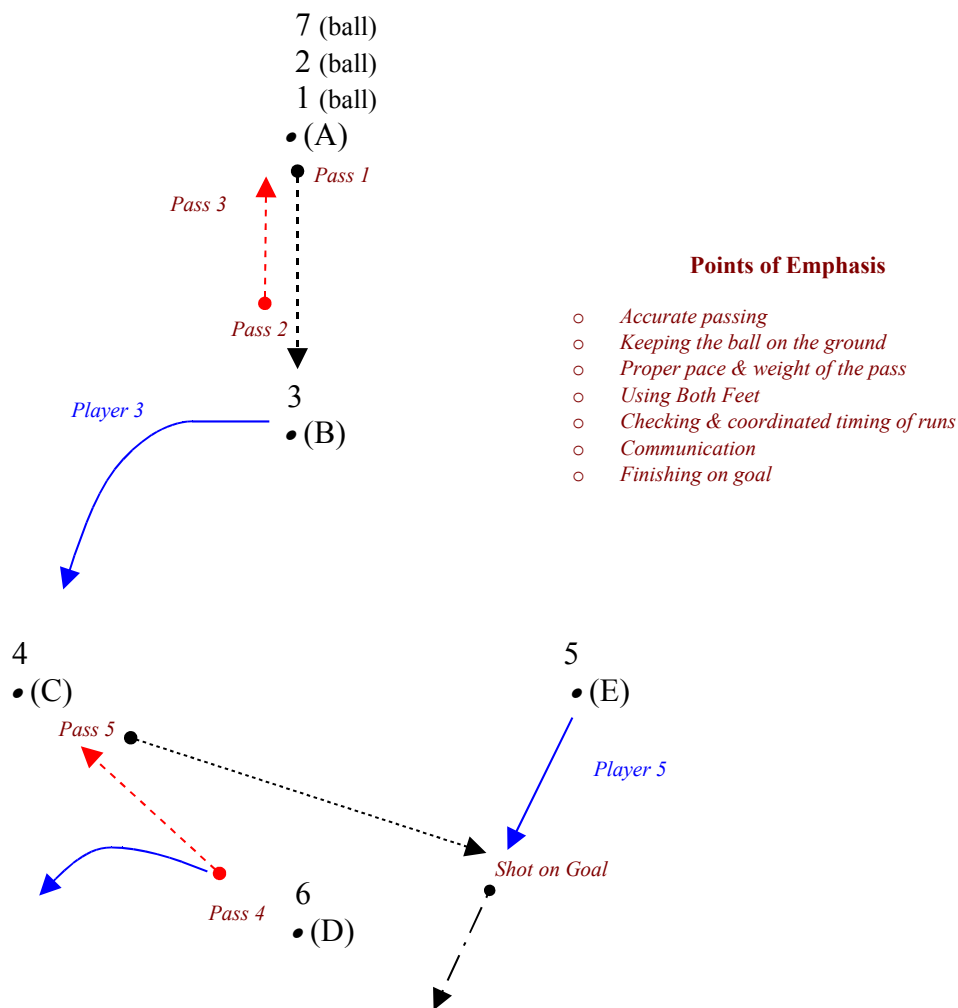


Developmental Skills

(Michael M. Hensley • Technical Skills Trainer • TYSL)



- **Y Drill, With Advanced Forward, Shooting:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



- Place cones (15) meters apart, (7) Players, (5) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B)
- Player 3 then drops the ball back to Player 1 at (A) who then sends a long ball to Player 6 at (D).
- Player 6 at (D) now drops the ball to Player 4 at (C).
- Player 6 at (D) vacates the space and Player 4 at (C) sends a ball through for Player 5 to shoot.
- Repeat the sequence.

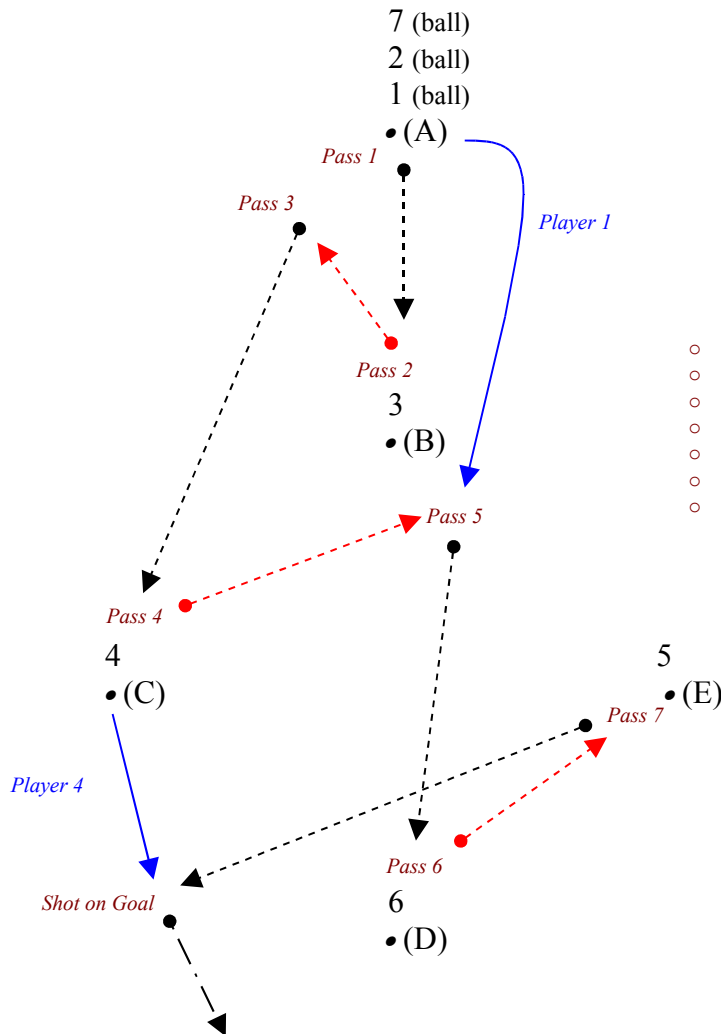


Developmental Skills

(Michael M. Hensley • Technical Skills Trainer • TYSL)



- **Y Drill, With Advanced Forward, Shooting:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



Points of Emphasis

- Accurate passing
- Keeping the ball on the ground
- Proper pace & weight of the pass
- Using Both Feet
- Checking & coordinated timing of runs
- Communication
- Finishing on goal

- Place cones (15) meters apart, (7) Players, (5) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B)
- Player 3 then drops the ball back to Player 1 at (A) who then sends a diagonal ball to Player 4 at (C).
- Player 1 now overlaps player 3 at (B) and receives the ball back from Player 4 at (C)
- Player 1 now sends the ball to Player 6 at (D) who drops the ball to 5 at (E).
- Player 5 at (E) plays a diagonally ball through for Player 4 to shoot.
- Repeat the sequence.



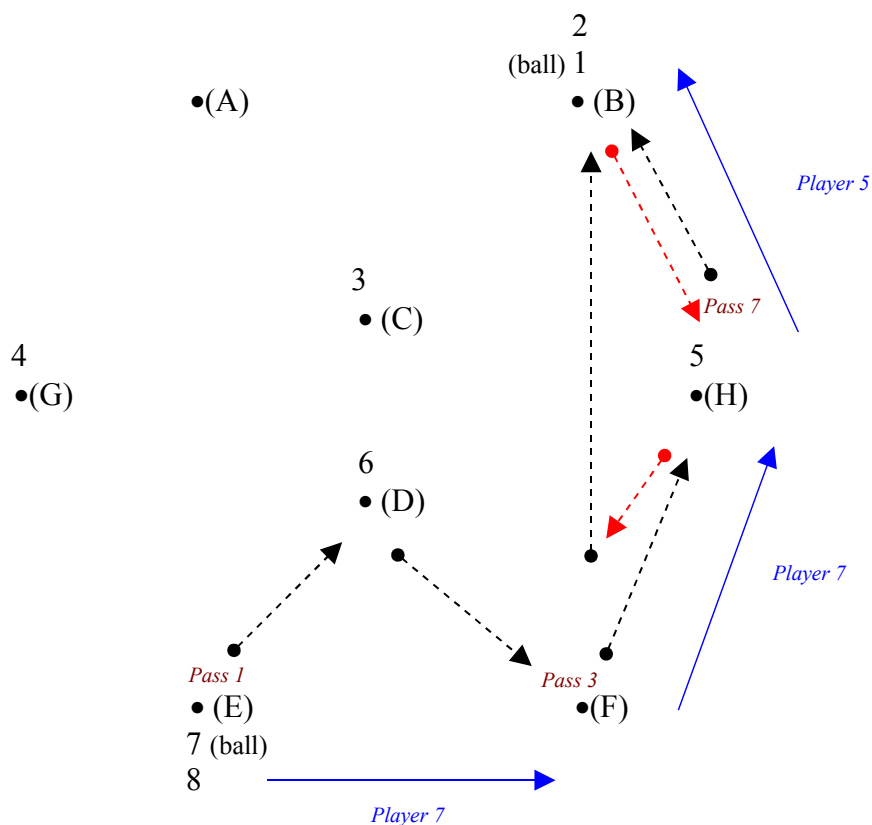
Developmental Skills

(Michael M. Hensley • Technical Skills Trainer • TYSL)



➤ Eight Person Passing Drill

- Focus: showing for the ball, weighting your pass, timing a run
- Note: One complete revolution (14) touches



- Player 1 at (B) and player 7 at (E) start with a ball.
- Player 7 at (E) makes a wall pass to player 6 at (D), Player 6 at (D) returns the ball to player 7 at (F) Player 7 at (F) now sends a diagonal pass to player 5 at (H), player 5 at (H) drops the ball to player 7 at (F) player 7 at (F) now sends the ball long to player 2 at (B), player 2 at (B) then drops the ball to 5 at (H), player 5 then returns the ball to 2 at (B), after sending the long ball player 7 at (F) moves to (H) and player 5 at (H) moves to (B).
- Simultaneously, Player 1 at (B) makes a wall pass to player 3 at (C), Player 3 at (C) returns the ball to player 1 at (A) Player 1 at (A) now sends a diagonal pass to player 4 at (G), player 4 at (G) drops the ball to player 1 at (A) player 1 at (A) now sends the ball long to player 8 at (E), player 8 at (E) then drops the ball to 4 at (G), player 4 then returns the ball to 8 at (E), after sending the long ball player 1 at (A) moves to (G) and player 4 at (G) moves to (E).
- Repeat the sequence.



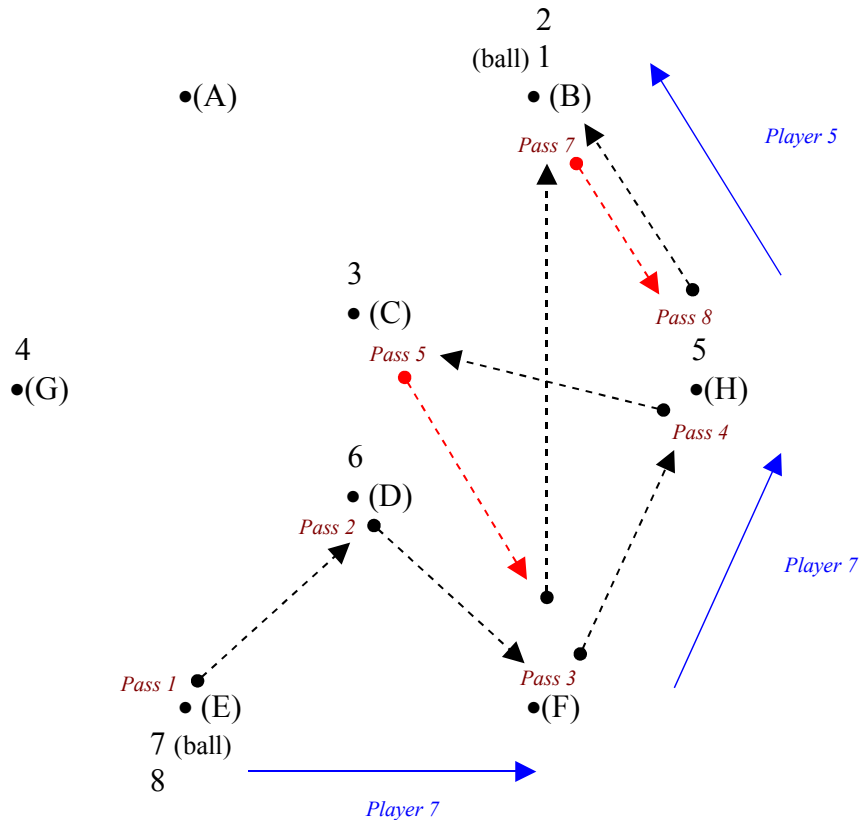
Developmental Skills

(Michael M. Hensley • Technical Skills Trainer • TYSL)



➤ Eight Person Passing Drill

- Focus: showing for a ball, weighting a pass, timing a run, opening up to the playing field
- Note: One complete revolution (16) touches



- Player 1 at (B) and player 7 at (E) start with a ball.
- Player 7 at (E) makes a wall pass to player 6 at (D), Player 6 at (D) returns the ball to player 7 at (F) Player 7 at (F) now sends a diagonal pass to player 5 at (H), player 5 at (H) then opens up to the field and plays the ball to player 3 at (C), player 3 at (C) then drops to player 7 at (F) player 7 at (F) now sends the ball long to player 2 at (B), player 2 at (B) then drops the ball to 5 at (H), player 5 then returns the ball to 2 at (B), after sending the long ball player 7 at (F) moves to (H) and player 5 at (H) moves to (B).
- Simultaneously, Player 1 at (B) makes a wall pass to player 3 at (C), Player 3 at (C) returns the ball to player 1 at (A) Player 1 at (A) now sends a diagonal pass to player 4 at (G), player 4 at (G) then opens up to the field and plays the ball to player 6 at (D), player 6 at (D) then drops to player 1 at (A) player 1 at (A) now sends the ball long to player 8 at (E), player 8 at (E) then drops the ball to 4 at (G), player 4 then returns the ball to 8 at (E), after sending the long ball player 1 at (A) moves to (G) and player 4 at (G) moves to (E).
- Repeat the sequence.



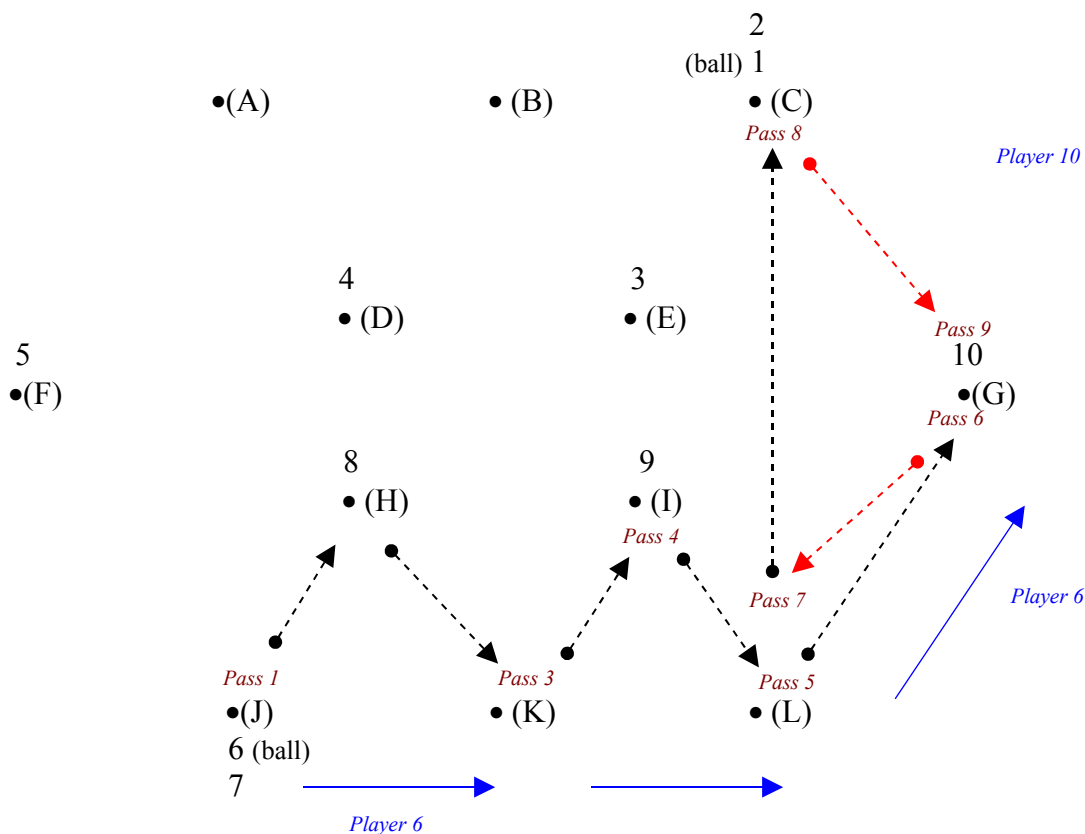
Developmental Skills

(Michael M. Hensley • Technical Skills Trainer • TYSL)



➤ Ten Person Passing Drill, Diagonal, Drop, Through

- Focus: showing for the ball, weighting your pass, timing a run
- Note: One complete revolution (18) touches



- Player 1 at (C) and player 6 at (J) start with a ball.
- Player 6 at (J) makes a wall pass to player 8 at (H), Player 8 at (H) wall passes back to player 6 at (K), player 6 at (K) now sends a wall pass to player 9 at (I), player 9 at (I) sends a wall pass back to player 6 at (L), player 6 at (L) plays the ball to player 10 at (G), player 10 at (G) drops the ball to 6 at (L), player 6 at (L) plays a long ball to player 2 at (C) then moves to (G), Player 2 at (C) drops the ball to player 10 at (G), player 10 at (G) returns the ball to player 2 at (C) then moves to (C).
- Simultaneously, Player 1 at (C) makes a wall pass to player 3 at (E), Player 3 at (E) wall passes back to player 1 at (B), player 1 at (B) now sends a wall pass to player 4 at (D), player 4 at (D) sends a wall pass back to player 1 at (A), player 1 at (A) plays the ball to player 5 at (F), player 5 at (F) drops the ball to 1 at (A), player 1 at (A) plays a long ball to player 7 at (J) then moves to (F), Player 7 at (J) drops the ball to player 5 at (F), player 5 at (F) returns the ball to player 7 at (J) then moves to (J).
- Repeat the sequence.



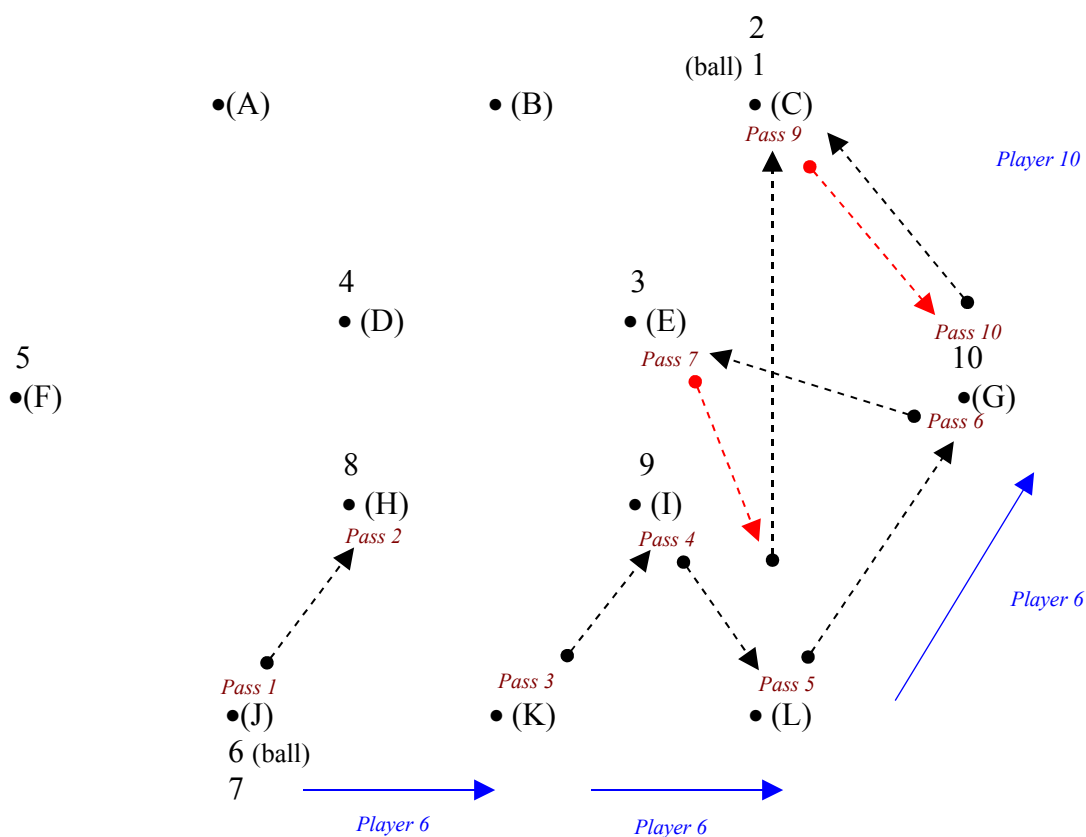
Developmental Skills

(Michael M. Hensley • Technical Skills Trainer • TYSL)



➤ Ten Person Passing Drill, Diagonal, In, Drop, Through

- Focus: showing for a ball, weighting a pass, timing a run, opening up to the playing field
- Note: One complete revolution (20) touches



- Player 1 at (C) and player 6 at (J) start with a ball.
- Player 6 at (J) makes a wall pass to player 8 at (H), Player 8 at (H) wall passes back to player 6 at (K), player 6 at (K) now sends a wall pass to player 9 at (I), player 9 at (I) sends a wall pass back to player 6 at (L), player 6 at (L) plays the ball to player 10 at (G), player 10 at (G) opening up to the field plays a one time ball to player 3 at (E), player 3 at (E) drops the ball to 6 at (L), player 6 at (L) plays a long ball to player 2 at (C) then moves to (G), Player 2 at (C) drops the ball to player 10 at (G), player 10 at (G) returns the ball to player 2 at (C) then moves to (C).
- Simultaneously, Player 1 at (C) makes a wall pass to player 3 at (E), Player 3 at (E) wall passes back to player 1 at (B), player 1 at (B) now sends a wall pass to player 4 at (D), player 4 at (D) sends a wall pass back to player 1 at (A), player 1 at (A) plays the ball to player 5 at (F), player 5 at (F) opening up to the field plays a one time ball to player 8 at (H), player 8 at (H) drops the ball to 1 at (A), player 1 at (A) plays a long ball to player 7 at (J) then moves to (F), Player 7 at (J) drops the ball to player 5 at (F), player 5 at (F) returns the ball to player 7 at (J) then moves to (J).
- Repeat the sequence.