

## Long Distance Passing Grids

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This drill teaches players to pass and receive balls over distance.

Click image to view all steps.

{gallery}3019{/gallery}Steps:

- Setup two grids of 10x20 yards and separate them by 20 yards.
  - Red Player passes the ball in the air to the Blue Player in the opposite grid
  - Blue Player receives the ball out of the air (if possible) and dribbles 3 yards before passing to the Yellow Player in the same grid.
  - The Yellow Player then passes the ball back to any player in the opposite grid.
  - All players should be moving around the grid at all times.
- Setup:
- Setup two grids of 10x20 yards and separate them by 20 yards.
- Variations:
- Limit the players to 1 or 2 touch.
  - Vary distance between the grids.
- Tips:
- Use more than one ball.
  - Players should communicate before passing.
  - Players should pass to players moving into space.