



**Coaches' Education Program
Level 1 Online Course Reference Section
Drill and Game Supplement**

Three Person Passing

Objective: The objective of this drill is to improve passing and catching ability on the run. This drill will also work on conditioning

Suggested space needed/equipment: 1/2 field and enough balls equal to 1/3 of the number of participants

Players needed: Entire team will participate, three per group

Challenge question: What do you do if you don't have a number of players evenly divisible by 3? Think this through before you get to practice!

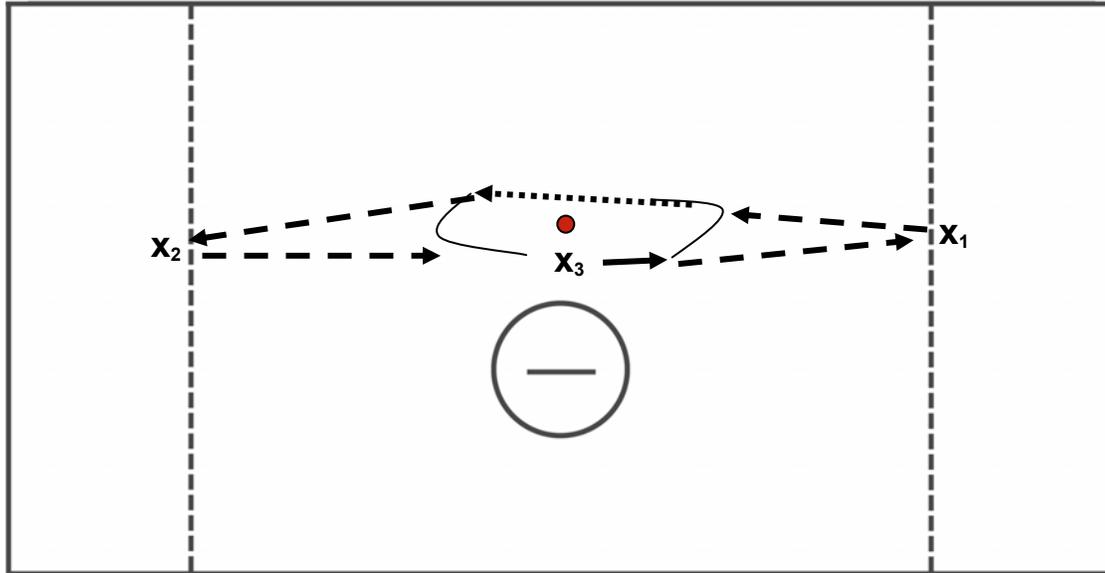
Description of Drill-Execution

Players will divide up into teams of three. Each team will have one participant with the ball. The other two participants line up facing each other on opposite sides and use the attacking goal area as a reference (meaning, the two participants without the ball will be 40 yards apart). The participant with the ball will line up in between his teammates. The participant with the ball will run towards one teammate and pass the ball, then immediately receive a pass back and reverse direction and run towards the other teammate and pass the ball, then immediately receive a pass back and repeat the exercise. Rotate the participant out of the middle after one or two minutes. If running hard, the middle person should be pretty gassed.

Drill diagram

X3 starts the drill and can use strong or weak hand. Can catch going towards or away from teammate.

Three Person Passing



Skills practiced

1. Catching – towards and away
2. Throwing
3. Strong and Weak hand

Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...)

1. Passing/Catching strong hand – 30 seconds. Can increase time to two minutes
2. Passing/Catching weak hand - 30 seconds. Can increase time to two minutes
3. Can have the return pass be a ground ball

Goalie involvement:

Entire team participates and can work with any position