



Ball Play and Passing

Duration: 60 min | **Focus:** Training for ball play and passing from defense | **Level:** Medium

Key Focus Area

Improve passing from the back

Training Plan

Passing Triangles

Duration: approx. 10–15 min

Create triangle stations for short-medium range passes. Focus on angle, body shape, and timing.

Opening Up Drill

Duration: approx. 10–15 min

Receive with back foot, open body, and play diagonally into midfield. Repeat from both sides.

Under Pressure Distribution

Duration: approx. 10–15 min

Start with ball, receive pressure from a teammate, and pass to target. Focus on composure.

Long Ball Accuracy

Duration: approx. 10–15 min

Hit driven passes to distant cones or targets. Train technique and vision.

Back Line Build-Up

Duration: approx. 10–15 min

Simulate building from the back with 3–4 passes under timed conditions.

© 2025 FootballTrainingPro.com | Customize for your team's needs