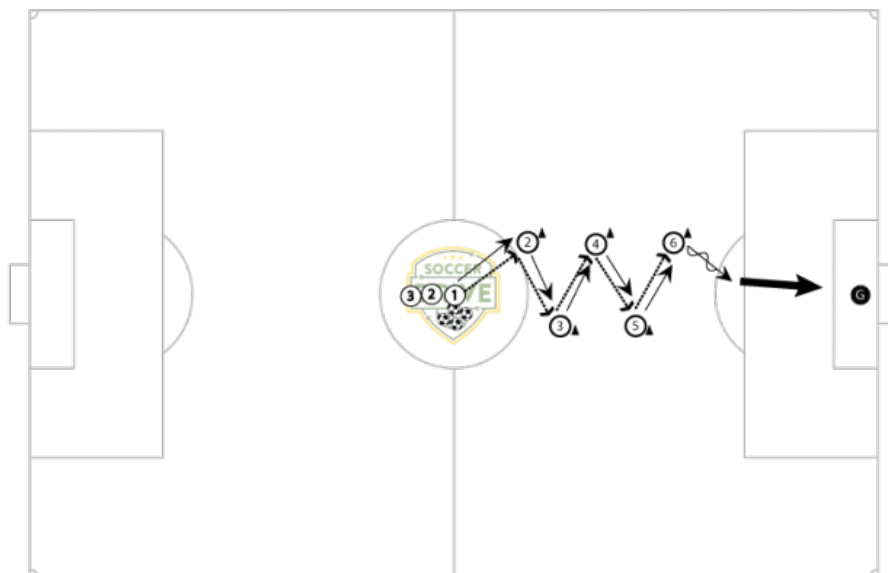




# Quick Pass & Follow



## DESCRIPTION

This soccer drill requires quick sharp passes. The drill is simple enough that it can be used for age levels as young as the [U10 level](#). The Player 1 starts by passing to Player 2. Player 2 one touches the ball to player 3 and so on until the ball gets to Player 7 who dribbles a couple of yards towards the center of the field and rips a shot on net. Each player follows their pass in a sprint because the next pass is coming right behind them. The next player in line starts when the player in front of them is ready to receive the pass.