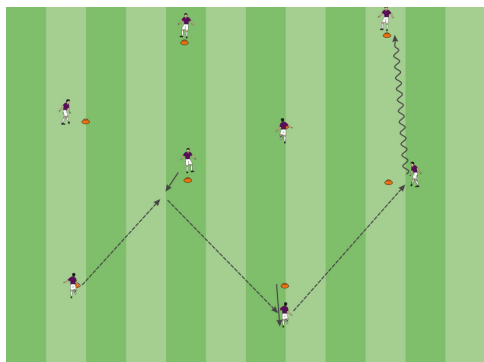



## TRAINING SESSION: MIRROR TECHNICAL PASSING

### Objectives

#### Mirror technical passing



 **10 v 12**

 **balls, cones**

 **Intensity: 5**

 **00:00 min**  
( x 00:00 min, 00:00 min rest)

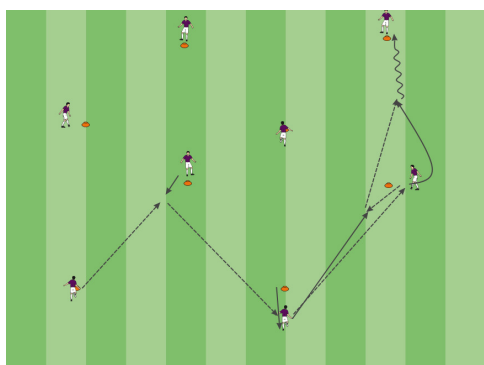
#### Coaching Points


Weight of pass  
Proper angle  
Functional for position (wingers, outside backs, mids, defenders hitting mids)

#### Description

Cones set up in graphic 10-12 yards a part, then mirror it on the other side  
2 players to a cone, balls at opposite cones  
Both sides go at the same time  
First receiver is looking to check to the ball  
Second receiver is looking to open the hips and play the ball wide  
Third receiver looks to open up down the wing or combo with passer  
Can add other 1-2 combos if desired

#### Mirror technical passing 2



 **10 v 12**

 **balls, cones**

 **Intensity: 5**

 **00:00 min**  
( x 00:00 min, 00:00 min rest)

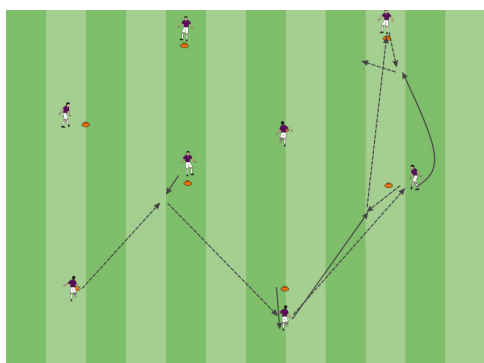
#### Coaching Points

Weight of pass  
Proper angle  
Functional for position (wingers, outside backs, mids, defenders hitting mids)

#### Description

Cones set up in graphic 10-12 yards a part, then mirror it on the other side  
2 players to a cone, balls at opposite cones  
Both sides go at the same time  
First receiver is looking to check to the ball  
Second receiver is looking to open the hips and play the ball wide  
Third receiver looks to open up down the wing or combo with passer  
Can add other 1-2 combos if desired

#### Mirror technical passing 3



 **10 v 12**

 **balls, cones**

 **Intensity: 5**

 **00:00 min**  
( x 00:00 min, 00:00 min rest)

#### Coaching Points

Weight of pass  
Proper angle  
Functional for position (wingers, outside backs, mids, defenders hitting mids)

#### Description

Cones set up in graphic 10-12 yards a part, then mirror it on the other side  
2 players to a cone, balls at opposite cones  
Both sides go at the same time  
First receiver is looking to check to the ball  
Second receiver is looking to open the hips and play the ball wide  
Third receiver looks to open up down the wing or combo with passer  
Can add other 1-2 combos if desired