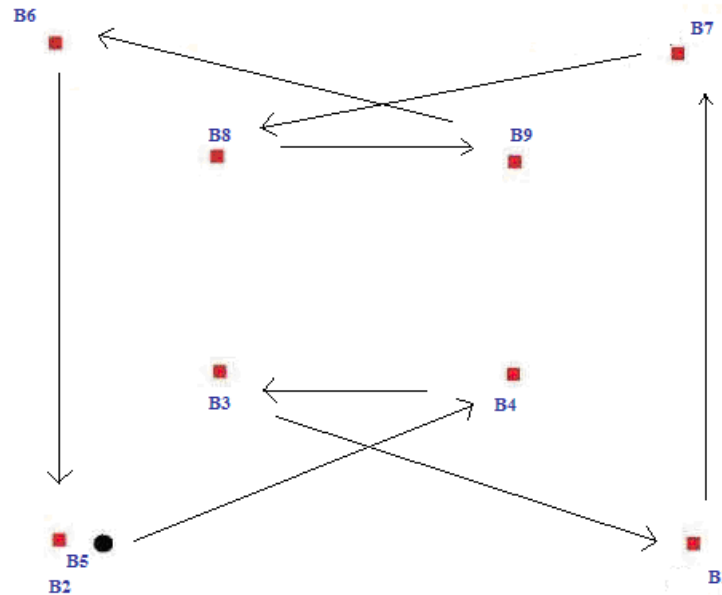


Rayo Vallecano Drill – Part 1



Organization:

B5 makes the first pass to B4 – B4 passes to B3 – B3 passes to B1 – B1 passes to B7 for the sequence to continue as shown above

Rotation of players – players always follow their pass:

B5 to B4
 B4 to B3
 B3 to B1
 B1 to B7

Coaching Points:

- Receive the ball across your body
- Ball should be passed with pace and should be passed on the ground
- Players staying mentally engaged to remember which position they should move after making their pass