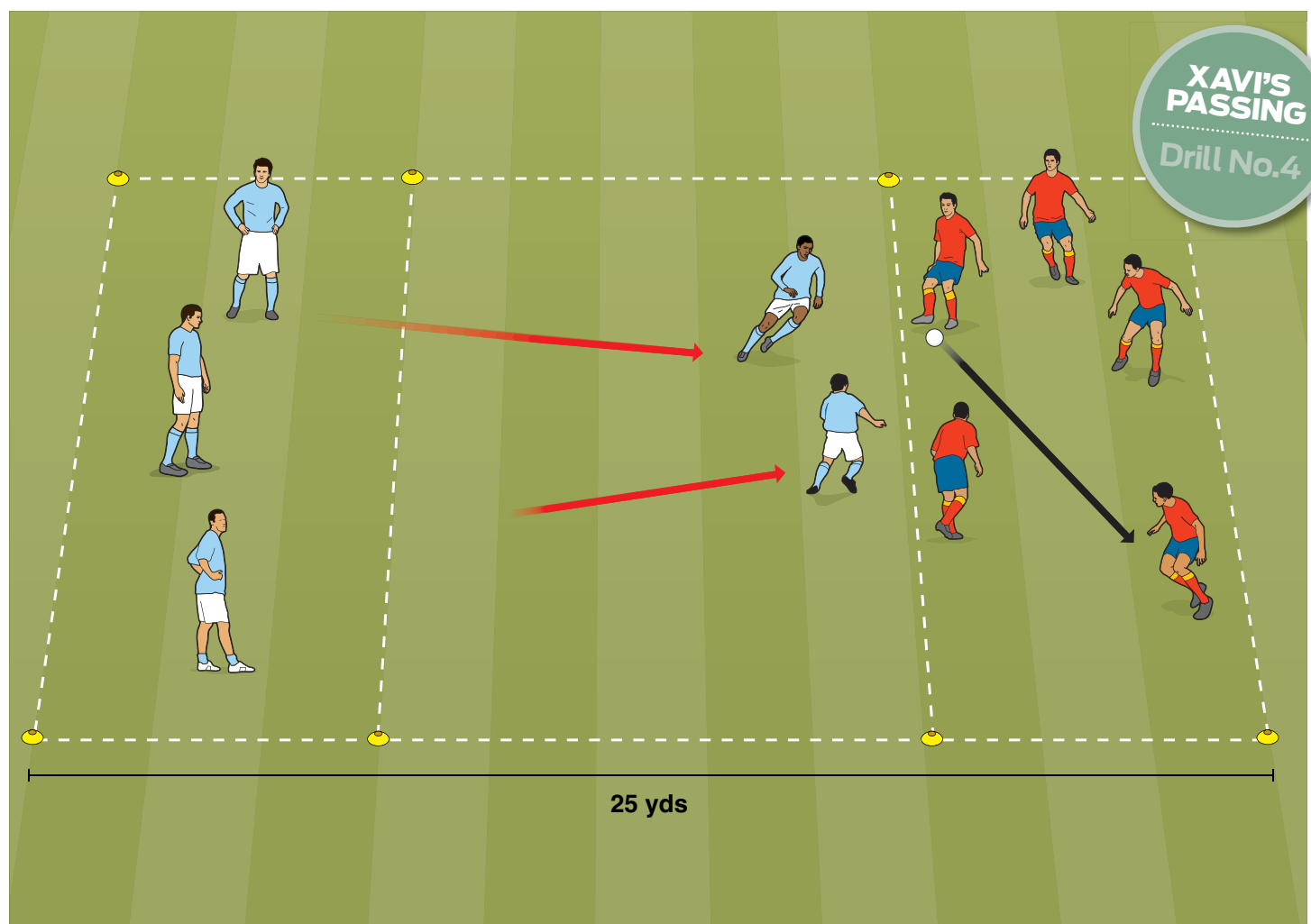


## PLAY LIKE SPAIN PASS WITH XAVI'S PRECISION

A killer first touch, mesmerising ball control, lightning speed and razor-sharp awareness – the fundamental qualities of tiki-taka – are all taught in this high-pressure passing exercise



### SET UP

Set up a 20 x 25-yard area, comprising of two end zones of 20 x 5 yards and a central zone of 20 x 15 yards. Divide the players into two teams of five and position them in opposing end zones. Give a ball to one of the groups.



### ACTION

The team with the ball starts passing the ball between themselves. On the coach's command, two players from the opposition enter the opposing end zone with the aim of winning the ball. Count how many passes the team in possession complete before losing the ball. After they lose the ball, repeat the sequence at the other end. The team who keeps possession for longest wins.

### HOW IT HELPS

Working in such a tight space with opposition players joining the game to press the ball, the players are going to have to be sharp in every department. They need to be aware of what's going on around them so they know what pass they're going to play before they get the ball. Then it's down to their body shape, first touch and accuracy of their pass – all skills Xavi has mastered.



### EVEN MORE ONLINE

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<http://performance.fourfourtwo.com>