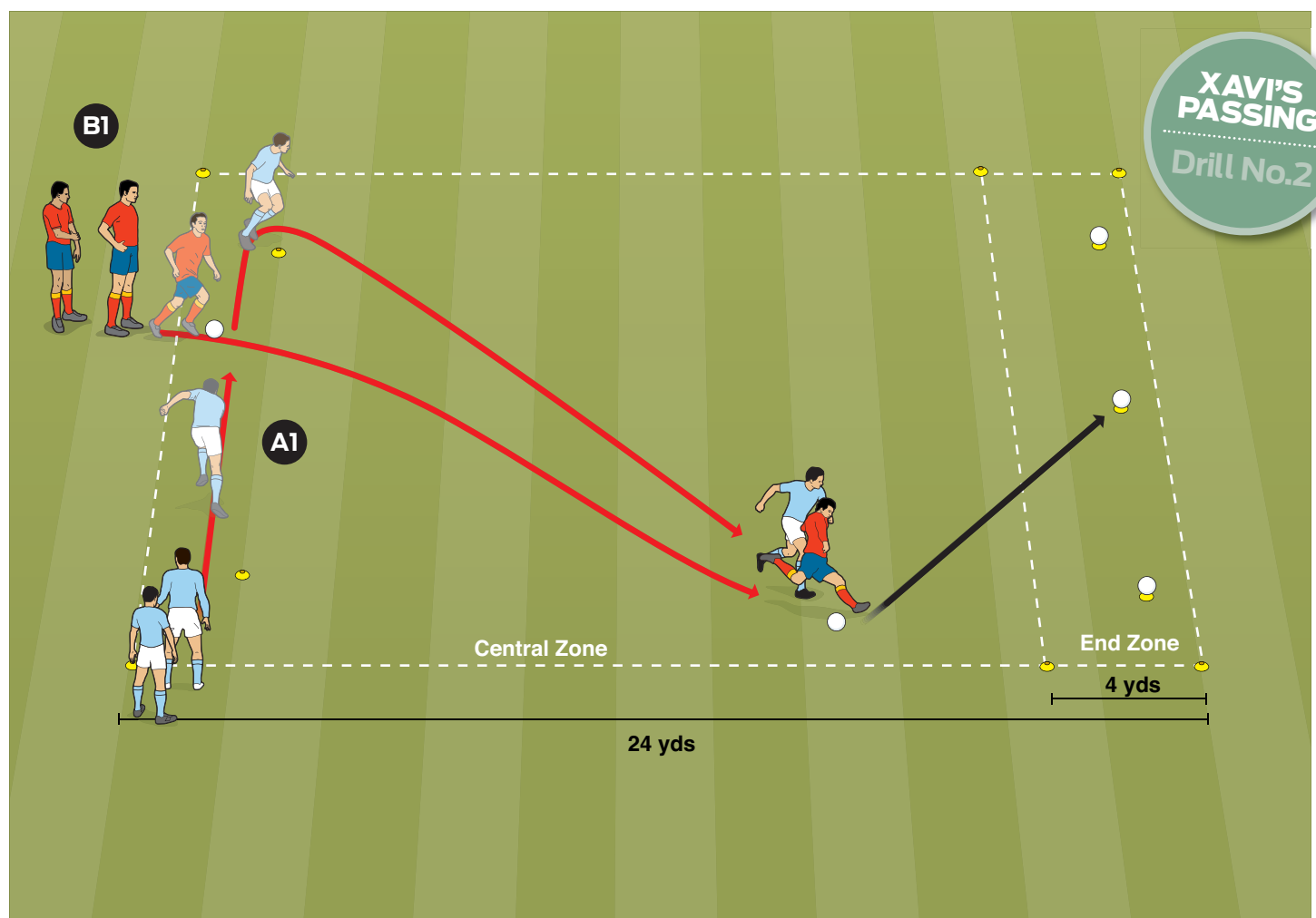


PLAY LIKE SPAIN PASS WITH XAVI'S PRECISION

Your team may not have Xavi himself, but *FFT* can teach you how to rack up the assists. Here, we show you how to burst clear of the midfield pack and play a defence-splitting pass



SET UP

Mark out a 24 x 18-yard grid, comprising a 20 x 18-yard central zone and a 4 x 18-yard end zone. Place three cones, with balls on them, five yards apart inside the end zone. At the opposite end set up two cones, six yards apart. Divide the players up into defenders and attackers. Line the attackers up at the end opposing the end zone. Line the defenders up to the right of the attackers, on the sideline.

ACTION

A defender (A1) dribbles from his starting position past the first of the two cones, stops the ball for the attacker (B1) before the second, then sprints around the second cone and chases B1, who has collected the ball and is running towards the end zone. B1 must try to knock a ball off one of the cones with a pass, but they're not allowed to shoot inside the end zone.

HOW IT HELPS

In the final third Xavi has the ability to pick up the ball, drive at the defence and play a killer pass at speed. This drill is designed to recreate this situation so you can perfect it and reproduce it in a game.



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