



Tiki Taka Passing Patterns & Exercises: Improving Players' Passing Speed & First Touch

Marcus DiBernardo

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The use of passing patterns is a critical component in developing a team's ability to possess the ball under pressure. "Tiki-Taka Passing Patterns" contains 20 passing exercises & patterns that will increase player's one-touch passing ability. The exercises develop coordinated player movement, help establish a high tempo passing rhythm and provide hundreds of meaningful touches to players.

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