



ACTION:

Player with the ball passes to the player opposite and sprints to take his/her place.

The receiver passes back to the third player and sprints to take his/her place.

The sequence continues as quickly as possible without players losing control.

TIPS:

Good passing technique for short passing to be encouraged. Use inside of foot, knees bent, good balance and look up before passing. Also move towards the ball to make the pass.

Encourage player to call name of receiving player just before passing.

Positive communication is an important quality for players at all levels.

Once players are comfortable with the exercise try 'one touch' format and progress to a timed competition. Groups to count the number of first time passes completed in one minute. If the sequence breaks down count returns to zero.

NOTES:



PASSING

SET UP:

Players in groups of three

Two players with the ball face the third player 10yds away.