

1 worker (3 feeders)

Description:

This practice encourages passing and moving, the worker player will receive the ball off each player and play to the spare feeder each time.

Coaching Points

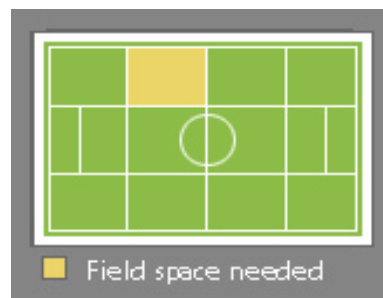
- correct passing technique
- head up
- 1st touch

- pass and move
- play the way you are facing

Progressions:

1 worker 3 feeders play all in touches
 Progress to 3/2/1 touch.

Materials Needed



Cones

- Balls