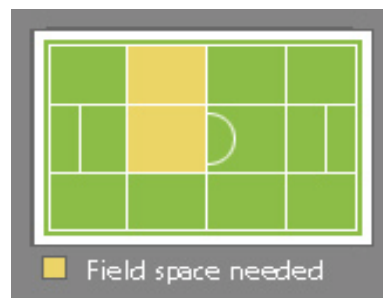




Materials Needed



Area 30 x 30 yds

- Balls
- Cones

Pairs Passing & Moving (Passing, Receiving)

Description:

Players are in pairs. Gates are created with cones and situated randomly in the area. Pairs must pass through a gate then move onto another unoccupied gate. Emphasize firm accurate passing and moving quickly between gates. Start with no time limit, then challenge players to get as many gates as possible in 30 seconds. Change partners & repeat.

Coaching Points

- Proper passing technique
- Pass then move - don't watch
- Communicate with your partner

Progressions:

1) Increase/decrease time. 2) Create a competition amongst pairs. 3) Players must perform a move before passing through the gate.