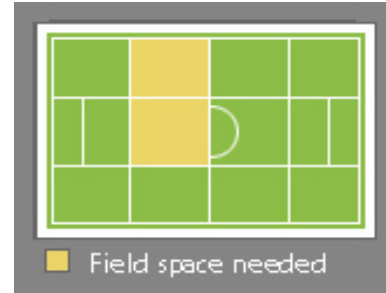


## Materials Needed



Area 20x10

- Ball per player
- Cones

## Passing Rotation (Passing, Receiving)

### Description:

Start in 3s (2 players opposite 1) - 20 yds apart - Start with the two - pass and follow. Each player in a 3x3 yd square. Add two more players and create an area 10x20 (1 player to each corner - 1 area starts with two, pass and move around in a clockwise or anti clockwise direction. 3 touches allowed and then reduce to two.

### Coaching Points

- Play the ball firmly to the target
- First receiving touch sets up the pass
- Open body when receiving to enable options

### Progressions:

Over the shortest distance (10 yds) play along the ground and 20 yds play a chipped, bent or driven pass. Count how many successes.

Progress to playing the ball to any area. Add a competition - five lives - players lose a life for a bad pass, poor control or a delay in passing.