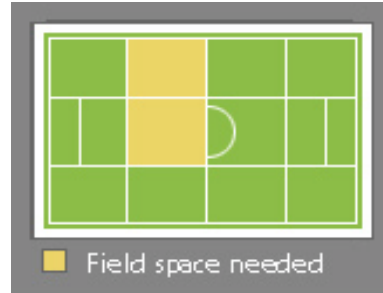


Materials Needed



Area 10 x 10 yds

- Ball per player
- Cones

Short Passing Basics (Passing, receiving)

Description:

Players passing back and forth (2 or more touches) - Progress to moving side to side along the line.

Coaching Points

- Lock (firm) ankle
- Inside of foot
- Supporting foot next to ball
- Strike through the center of the ball
- On your toes
- Arms out for balance

Progressions:

This activity, or parts of this activity can be incorporated into most sessions – ideal as a warm-up and for players getting touches on the ball. Start with pairs – 5 yards apart - each person standing between cones (2 yards apart). Pass back and forth taking one controlling touch and a touch to pass.