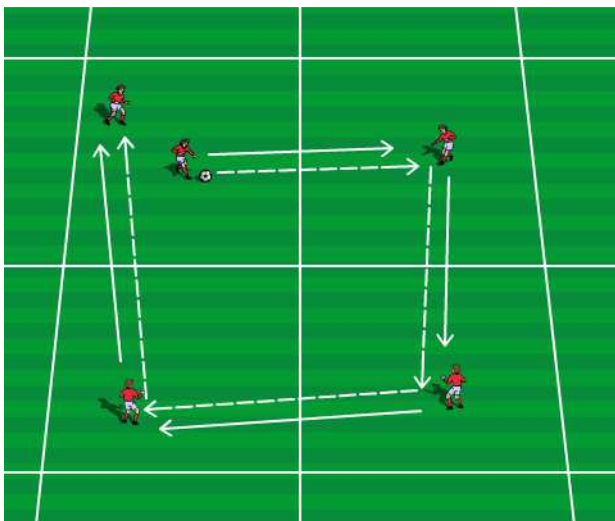




Curriculum – Camp

Activity # - 2806

Topic:	Passing	Age:	All Ages
Section:	Warm up	Ability Level:	All Levels
Learning Outcome(s):	Improve players ability to pass over short distances		



Organization:

1. 20 x 20 yard area divided into 4 10 x 10 yard areas, set up as shown
2. Minimum of 5 players
3. 1 ball

Description:

1. Each group compete in a relay race around the squares
2. The ball is passed to next square in clockwise direction
3. Players follow their pass
4. The race stops when players are back to the square they started in
5. If ball leaves any square, the team must start over
6. Set up multiple areas so that groups are able to compete

Coaching Points:

1. Accuracy of pass
2. Weight of pass
3. Give the ball direction with 1st touch
4. Speed of play

Progression:

1. P - Players must use both feet when moving the ball to next square
2. P – Have two teams playing in the same space so that players must pass around traffic