



ACTION:

Player A plays a short pass to Player B. Player B returns the pass in front of Player A. Player A (A1) passes, first time, to Player C and makes a curved run behind Player D for a return pass from Player C. Finally Player A (A2) returns the ball to Player C.

The reverse sequence then begins from the opposite end with Player C making a one-two pass with Player D. Player A joins the back of the group.

TIPS:

Walk player through all the components of this exercise to familiarise themselves with the movements and their sequence.

Allow two touches at first until player are confident but move to one touch as soon as possible.

Remind players not to stand still. After making a pass they should move to a new supporting position, as they would in a game.

NOTES:



PASSING

SET UP:

Four or five players in each group, the first player, A, with a ball.

Player B faces the group approx 5yds in front and slightly to the side of player A.

Player C stands approx 20yds from players A with player D slightly off set and in front (mirror of player B) Change Players B & D regularly.