



ACTION:

The player with the ball passes to the third player on the opposite side. He receives with the inside of the foot and takes the ball a couple of yards to the side in one action.

On his next touch he passes the ball back across the square to the third player.

The pair opposite switches places and repeats the action.

TIPS:

Allow two touches to start with before limiting the players to one touch. Remind players that it is important to give a good pass so it's easier for their teammates to receive the ball and control it away with their first touch.

Remind the receiving player to move towards the ball.

NOTES:



RECEIVING

SET UP:

10 x 10yd area

Player in groups of three

One ball each group

Two players with the ball are positioned on one side of the square with the third player facing them on the other side.