



ACTION:

Players pass counter-clockwise to the first player in the next group and follow their pass.
The receiving player controls the ball 'across the body' ready to pass to the next group.

TIPS:

Get players to 'cushion' the ball by drawing back their foot as the ball arrives.
Increase difficulty by introducing another ball. Have two groups diagonally start with a ball.

NOTES:



RECEIVING

SET UP:

10 x 10 or 15 x 15 yd square area depending on age of the group.
Groups of up to four players per group at each corner.
One group starts with a ball.