



**ACTION:**

The front player from A and C pass to their left to the wall passers B & D. They then move forward and take a return pass and play the ball, first time, to the front player in the opposite group. Player then sprints to the back of the line they have just passed to.

Sequence continues.

The wall passer to be changed at regular intervals

**TIPS:**

To begin, allow player two touches until they become confident with the exercise and the skill.

Progress to working with two balls from each end at the same time.

Exercise can be used as a competition between groups. Groups continue until they lose control or play a bad pass. They then sit down and the last group playing is the winner. (play this game as one – touch only)

**NOTES:**



# PASSING

**SET UP:**

Two groups, A & C, of up to 6 players face each other approx 12yds apart.

Wall passer, B & D, approx 5 yds to the side.

One ball, starting with group A.