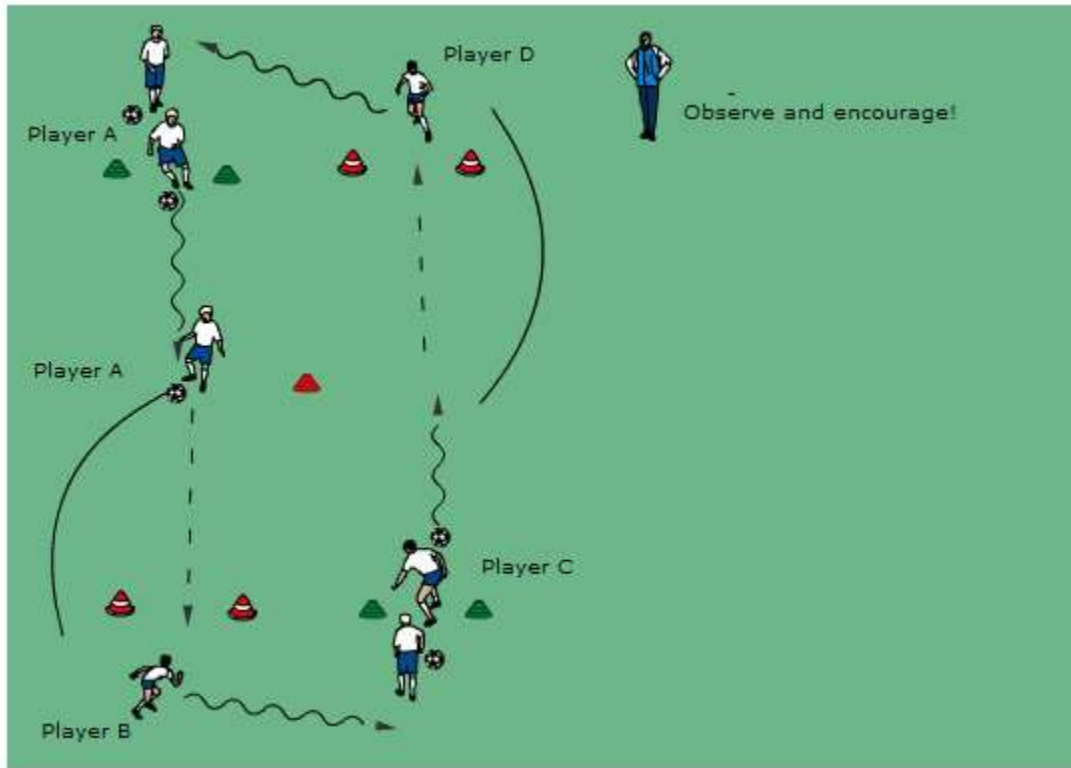


# Introduction to Passing on the Move (all ages)



**Set-up:** (as pictured) a rectangle 20yds long about 12yds wide. Have a disc designating the halfway point of the rectangle. The orange cones are approximately two yards wide. The green discs are there to serve as the starting point for each line.

**The Game:** Groups of 6 to 8 players with 4 to 6 balls per group. **Rotation:** Player A and Player C dribble with the ball for 10yds and then pass the ball through the gates, prior to reaching the central disc, to Player B and Player D. Player B and Player D receive the ball and dribble to the end of the closest line. Player A and C take up the positions previously occupied by players B and D.

## Focus:

- Running with ball (coach can make the field longer depending on ability level).
- Passing accurately with inside of the foot (toe up, ankle locked).
- Passing accurately with laces or outside of foot (more advanced technique).
- Receiving the ball (on your toes, soft on your feet, first touch should take you in the direction you want to go next).

**Variation:** Change direction of the circuit, ask players to play with their left foot, ask players to receive the ball with various parts of foot (outside is more difficult).