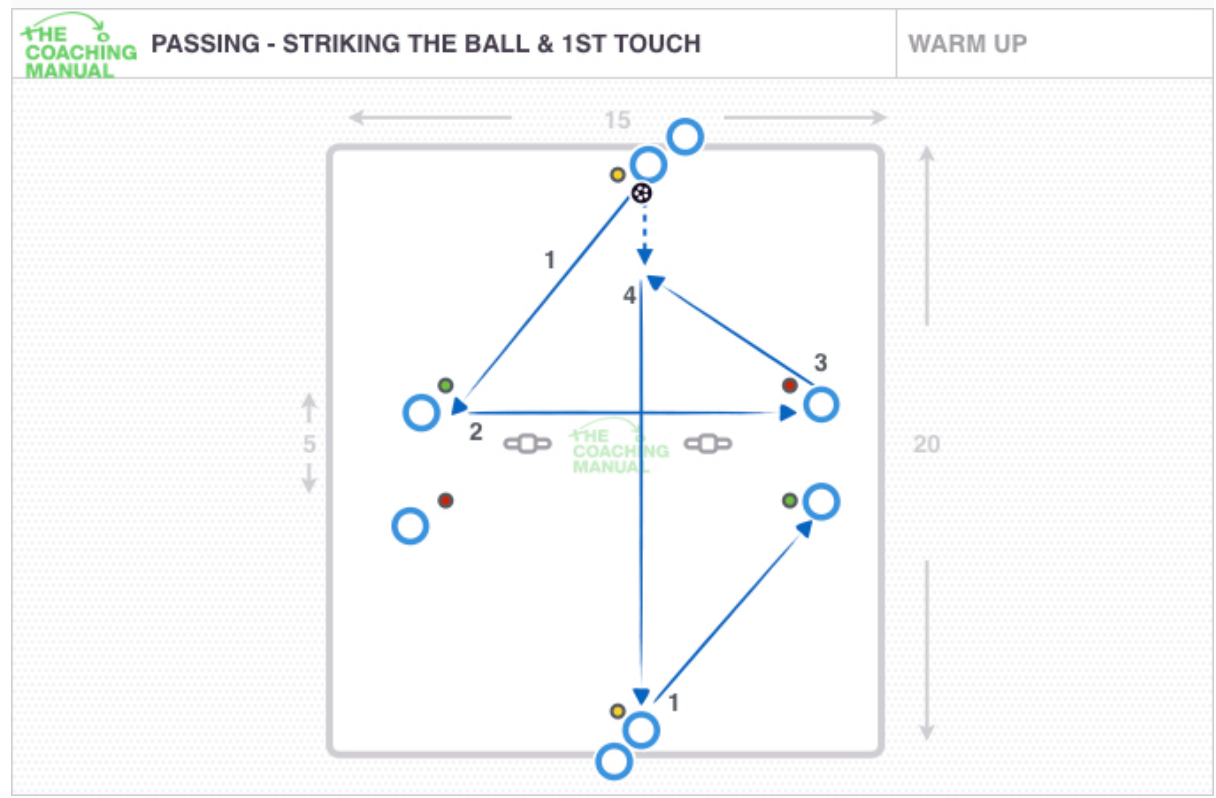


# Set Up

- 15 mins
- 8 players
- 2 balls
- 6 cones
- 20x15 area



## Key Coaching Points

- Quality of pass  
To pass effectively players should focus on the disguise, weight and accuracy of passes to each player in the sequence.
- Receiving skills  
Players need to concentrate on receiving the ball on their back foot to cushion the ball and pass with the front foot.
- Play into feet or into space  
With different types of passes, players should play into space or into feet.

## Setup

2 x triangles marked out with cones and each triangle separated by 2 x mannequins.

Player on yellow cone passes (1) to player on the green cone and follows the pass. Player on green cone passes (2) to player on red cone and follows the pass. Player on red cone passes (3) to next player on yellow cone and follows the pass. Player on yellow cone performs a penetrating pass (4) through the mannequins to the player on the opposite yellow cone and follows the pass.

The passing sequence is repeated at the other end.

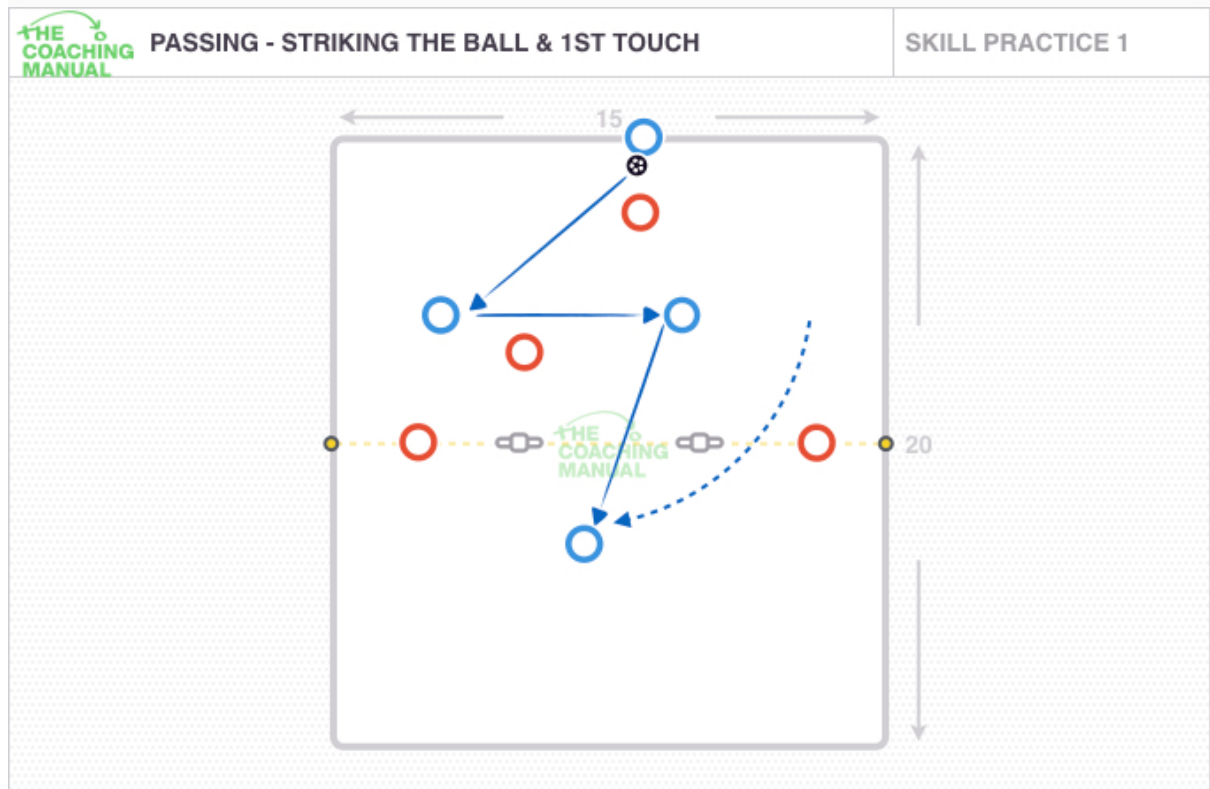
## **Make it more challenging:**

1. Progress to 2 x balls

## **Set Up**

- 15 mins
- 8 players

- 1 balls
- 8 bibs
- 8 cones
- 20x15 area



## Key Coaching Points

- Quality of pass

To pass effectively players should focus on the disguise, weight and accuracy of passes to each player in the sequence.

- Receiving skills

Players need to concentrate on receiving the ball on their back foot to cushion the ball and pass with the front foot.

- Game management

To move the ball effectively, players should recognise when to retain possession and when to penetrate by using passing lines to either play in front, around and through.

## Setup

Area divided in half with mannequins positioned on halfway line. 2 x teams of 4 players.

Play 4v2 as team in possession attempt to maintain the ball until an opportunity arises that they can make a penetrating pass through the mannequins. All attacking players then transfer across to the opposite half to create a 4v2.

If defending team wins the ball they transfer the ball to the 2 x team mates in the opposite half and become the team in possession. The team that just lost possession send across 2 x defenders, again making a 4v2.

## **Make it more challenging:**

1. Team in possession must make a set amount of passes before they can penetrate