

## Description

Social distancing passing in pairs technique

### Screen 1

Example of set up 6 boxes 5 x 5 m each

Sequence player with the ball passes to the opposite player.

Conditions that can be added on after the players are comfortable.

Must take 2 touches, must use both feet, ball can't stop

Competition: Who can get the most passes in a nominated time for example 60 seconds.

Do 4 sets with 20 seconds rest between sets.

Variations/progressions:

Box 1 Poles/cones in the middle, creating 3 gates

Sequence: player with the ball passes to the opposite player, rule is you can't pass through the same gate as example above shows  
1 pass central, 2 pass right and 3 pass left (example of passing sequence)

Conditions that can be added on after the players are comfortable.

Must take 2 touches, must use both feet, ball can't stop

Competition: Which group can get the most passes in a nominated time for example 60 seconds. 3 x sets.

Box 2, 4 bigger cones set as shown.

Sequence: player with the ball passes to the opposite player rule, is the player receiving the ball has to go round 1 of the big cones before a pass is played back to the opposite player.

Conditions that can be added on after the players are comfortable.

Must take more than 2 touches, must use both feet, ball can't stop vary the type of pass soft, hard, high, low.

Competition: Who can get the most passes in a nominated time for example 60 seconds. 3 x sets.

Box 3 End to end

Sequence player with the ball passes to the opposite player no rules.

Conditions that can be added on after the players are comfortable.

Must take more than 2 touches, must use both feet, ball can't stop vary the type of pass soft, hard, high, low.

Competition: Who can get the most passes in a nominated time for example 60 seconds. 3 x sets.

