

Description

This also includes passing and receiving as well as practicing throw ins.

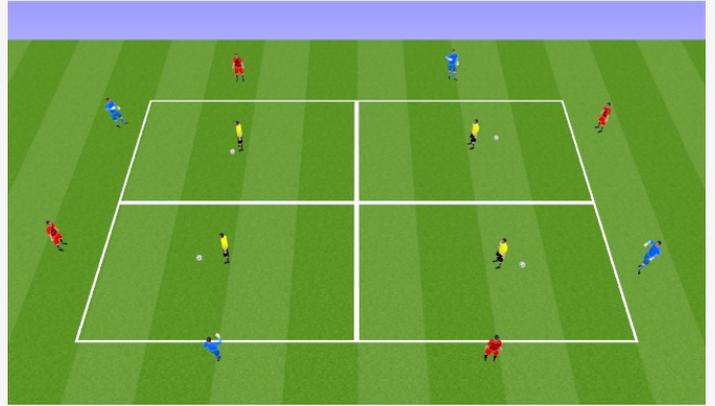
Screen 1

Setup: Depending on numbers make 1,2 or 3 10 x 10 m boxes with 4 boxes inside for players as shown(size is an example) you can have 2 or 3 different colored teams again depending on numbers.

Sequence: The players inside the box start with a ball each, their objective is to keep the ball moving inside their box by either running or passing to the players on the outside.

Coaching points: If running with the ball small touches using both feet, if passing to the outside players correct weight and accuracy and use both feet.

Competition: How many passes in 90 seconds, switch over do 3 sets and try to better your result from the last attempt.



Screen 2

Setup: Depending on numbers make 1,2 or 3 10 x 10 m boxes with 4 boxes inside for players as shown(size is an example) you can have 2 or 3 different colored teams again depending on numbers.

Step up place 2 or 3 mannequins, poles or cones inside the boxes.

Progression/variation: The players outside the box start with a ball each. 1 pass at a time to the player inside the box who must run around the mannequin, pole or cone before passing back to the player who passed.

Variation: players outside throw in for a header or throw in to feet

Coaching points: If running with the ball small touches using both feet, if passing to the outside players correct weight and accuracy and use both feet.

Competition: How many passes in 90 seconds, switch over do 3 sets and try to better your result from the last attempt.

