



Grid Work

Passing in two's- Players are asked to pass back and forth with their partner

Coaching points

Happy feet and communication

Move body in line with the ball as the ball is travelling to you
first touch out of your feet, non kicking foot by the ball, ankle locked body over ball and push through with the ball all the way to your partner

Progression

How many passes can you make in 45 seconds

or

Ask players to move laterally touch a cone on the side before receiving the next pass