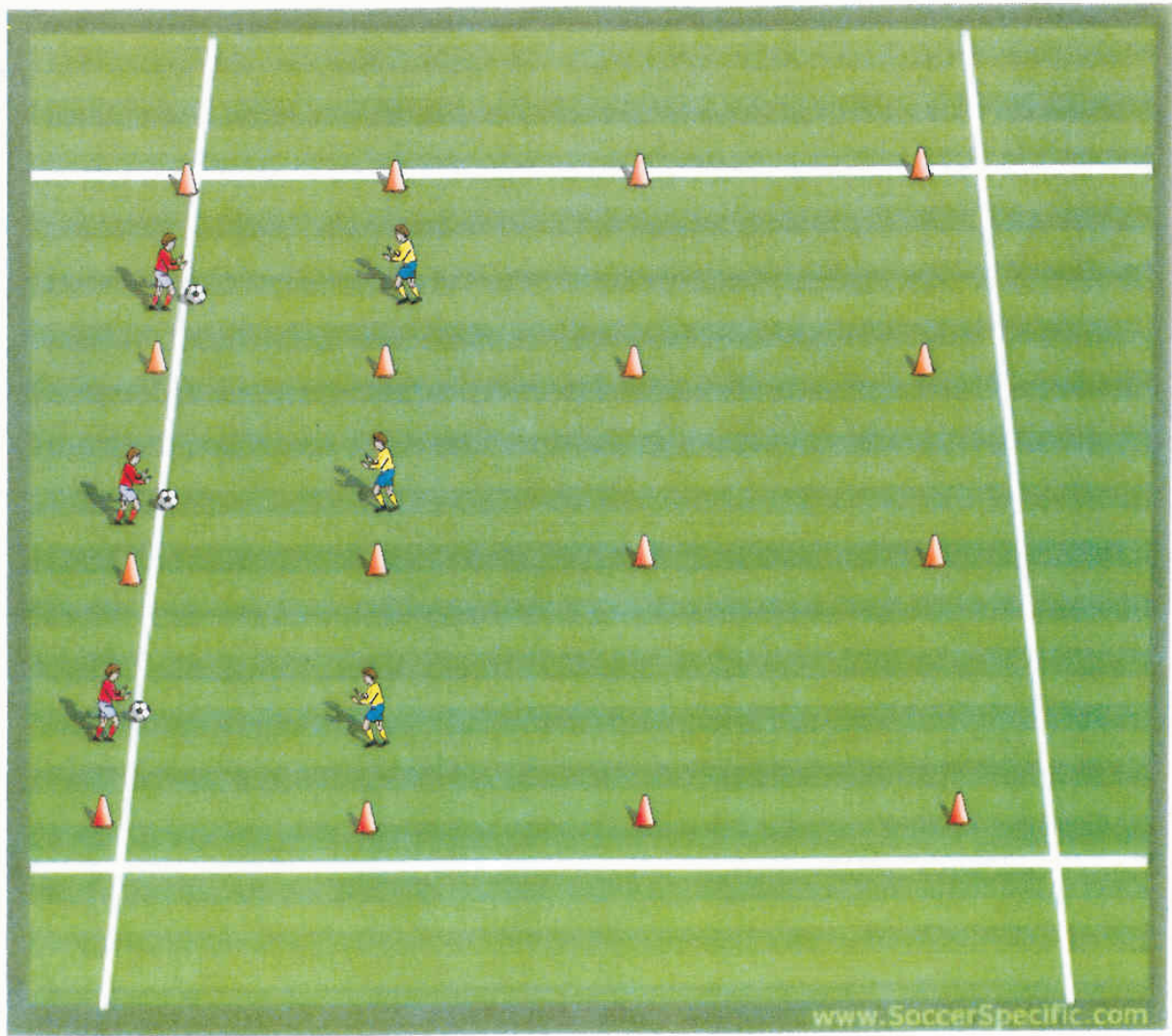


# Passing



**Purpose:** Passing in a controlled environment

## Organization

1. Passing the balls in pairs
2. How many passes can they do in 30 seconds

## Progression

1. Players in red stay where they are, players in yellow pass and move to the right. When the coach calls “change” players in yellow move to the left
2. Change to volleys, knees, chest throws in’s, etc

## Coaching Points

1. Communication
2. Happy feet
3. Body in line with the ball
4. Good first touch out of your foot
5. Use inside of the foot
6. Challenge them to beat their score but give them 45 seconds so the players do beat the score