



### Passing Part One

Set up grid 10x10 area

Purpose - To improve passing ability

### Organization

Four players pass the ball and move

To help the players communicate and think, coach places a restriction

When the player passes the ball to a team mate he calls a # between 1-3. If a player calls one the player must pass the ball with one touch, if the player calls two they play two touch and finally three, three touch

### Coaching Points

Move to the ball when the ball is moving not when it get's to you.

Approach from an angle or place first touch out of your feet at an angle

Attempt to face the target player

Place supporting foot next to the ball facing the target with support knee bent

Kicking foot should be placed in an L shape, ankle locked and toe pointed up and strike through centre of the ball

Keep head steady and follow your kick foot through to your target