



Passing Patterns Combinations 1

Players are placed in a grid 50x 25 as shown above.

Player one begins by passing the ball to the neutral yellow player

The neutral then plays the ball to player 2

Player 2 then passes the ball to the far neutral player.

The far neutral player then plays the ball to number 1 who has continued his/her run

Player number 1 then passes the ball to player number 3 and the sequence begins again.

For the sequence to work in the opposite direction the yellow neutral players must turn and face the other direction

Progression

Play balls from both ends. For this to work well the players in the middle must begin by facing the ball they are about to receive. As soon as they have played their combination they must turn and face the other direction to receive the ball from the opposite side

Coaching Points.

Ball must be played with good pace and direction

Time your runs so you burst on to the ball

Good communication

Can you play one touch