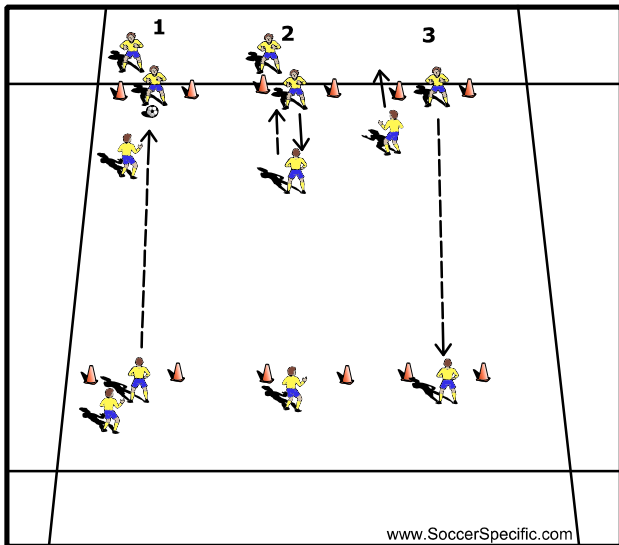


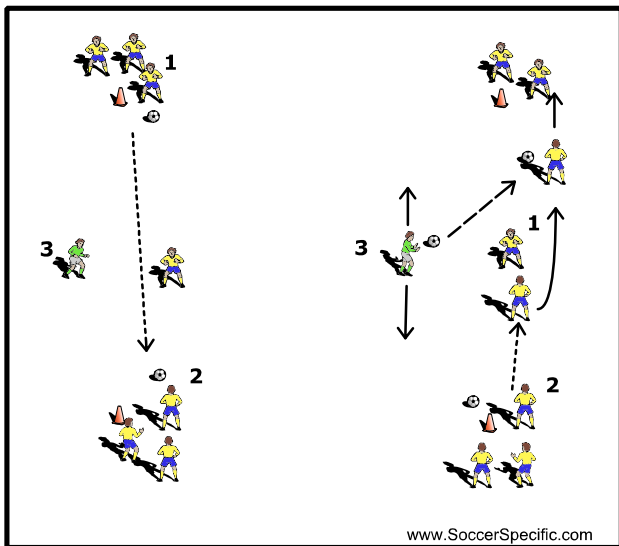
ACTIVITY #1

Set up: Long short short
 Minimum 3 players to a group at opposite ends. Cones can be used to mark out distance between players
Instructions: 1st pass is a long pass and player follows its pass. After receiving pass the second pass is short back to 1st player who makes a second short pass to same player. The last pass is a long one to opposite side and the drill becomes continuous
Coaching Points: Players must be offset or the second pass will not be executed. Proper weight of pass



ACTIVITY #2

Set up: Wall Pass
 2 Cones approximately 10-15 yards apart. Players at both ends
Instructions: Player 1 plays pass across and follows to become passive defender. Player 2 receives pass and upon approaching defender plays pass to player 3 and makes run behind defender for return pass
Coaching Points: Movement of player 3 to receive pass. Run must be behind defender. Appropriate timing of pass, not too early to ensure you commit defender and not too late as pass will be intercepted



ACTIVITY #3

Set up: SSG
Instructions: Split players into 2 teams
Coaching Points: Encourage good use of field space, communication, and passing

