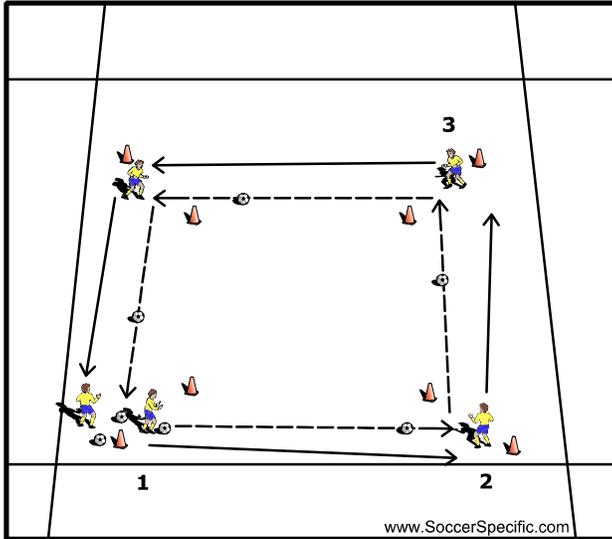
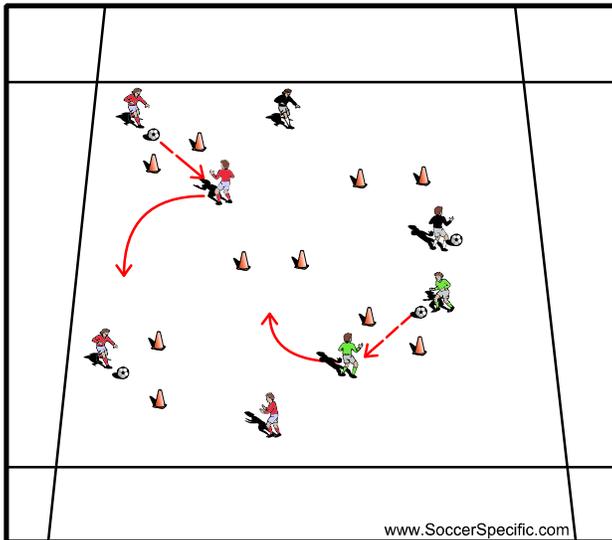


ACTIVITY #1



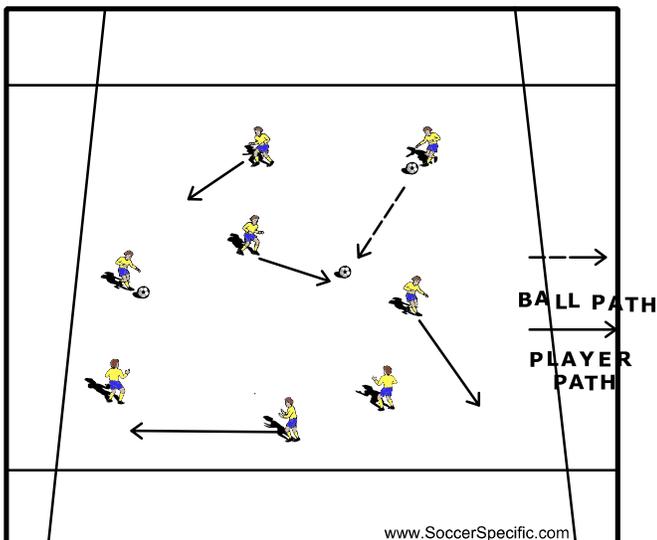
Set up: Pass around the square
 4 Pairs of cones set up in a square. Players at each of the corners. Any extra players start at one corner where the balls are
Instructions: First player plays a pass to the player at the next corner of the box and follow pass to assume that players position. The drill now becomes continuous as the ball moves around the square
Coaching Points: Accuracy of pass. Receive the ball on a 45 to set up your next touch which is a pass to next corner

ACTIVITY #2



Set up: Passing Gates
 Make a series of gates in a 20 X 20 grid. Player are in pairs with one ball
Instructions: Each player with the ball attempts to pass the ball to its partner through any one of the gates
Coaching Points: Constant movement. Player without the ball determines the gate to receive the pass. Ensure good communication

ACTIVITY #3



Set up: Warm up passing
 20 X 20 yard grid
Instructions: Players move freely within the grid. Less balls than players and pass is made to open player
Coaching Points: Always lift head. Communicate the pass either verbal or visual. Find open space

ACTIVITY #4

Set up: Pass and Move

Place as many cones as there is players around the outside. Every player has a ball with the exception of one

Instructions: A single player is positioned in the middle of the group without a ball. That player approaches any player to receive a wall pass. After the player receives the ball back they must dribble to the open cone as the player in the middle moves to another player for another wall pass

Coaching Points: Player awareness to know where the open cone is. Must keep head up as more than one player will be moving at a time

Younger players - have every player on a cone with only half with balls. Player with a ball dribbles toward player without. They make a pass to that player then take their spot on the cone. Player receiving pass does the same.

