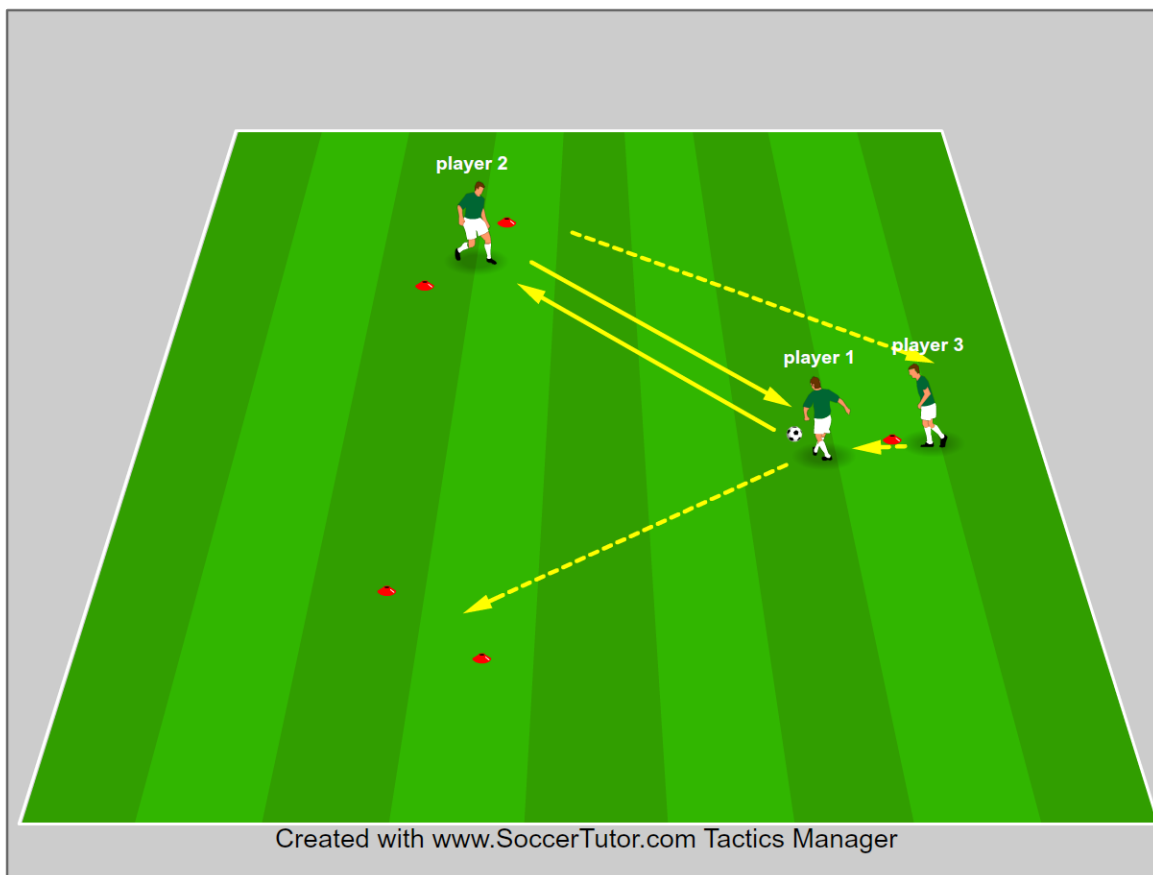


Pass, Think, Move 1



Date:	23/Jan/2014	Measurement:	Select Pitch Area
Time:	N/A:N/A	Players:	0
Duration:	05	Level/Age Group:	U8 - U18

Description: PLAYER 1 Starts with the ball and passes it to PLAYER 2, with waiting for the pass between the two cones. After playing the ball, PLAYER 1 then runs to the open cones in anticipation for the next pass. PLAYER 2 receives the pass and then plays a ball to PLAYER 3, who takes the place of PLAYER 1. PLAYER 2 then follows his pass and runs to the back of the line. PLAYER 3 then plays the ball to PLAYER 1 and then runs to the open cones. Sequence repeats

Objective: Increase the players technical ability in passing and receiving through quick repetition.

Coaching Points:

- Limit the time between your touch and strike.
- Quick movement after your strike.
- 1st touch in a position to play an immediate pass.
- Body shape when receiving to limit the time between touch and strike.
- Clean strike through the center of the ball.

Progression:

- Start with two touches and work into doing it with one touch.
- Use all surfaces of your foot (inside, outside, sole)
- ***See progression on other sheets.