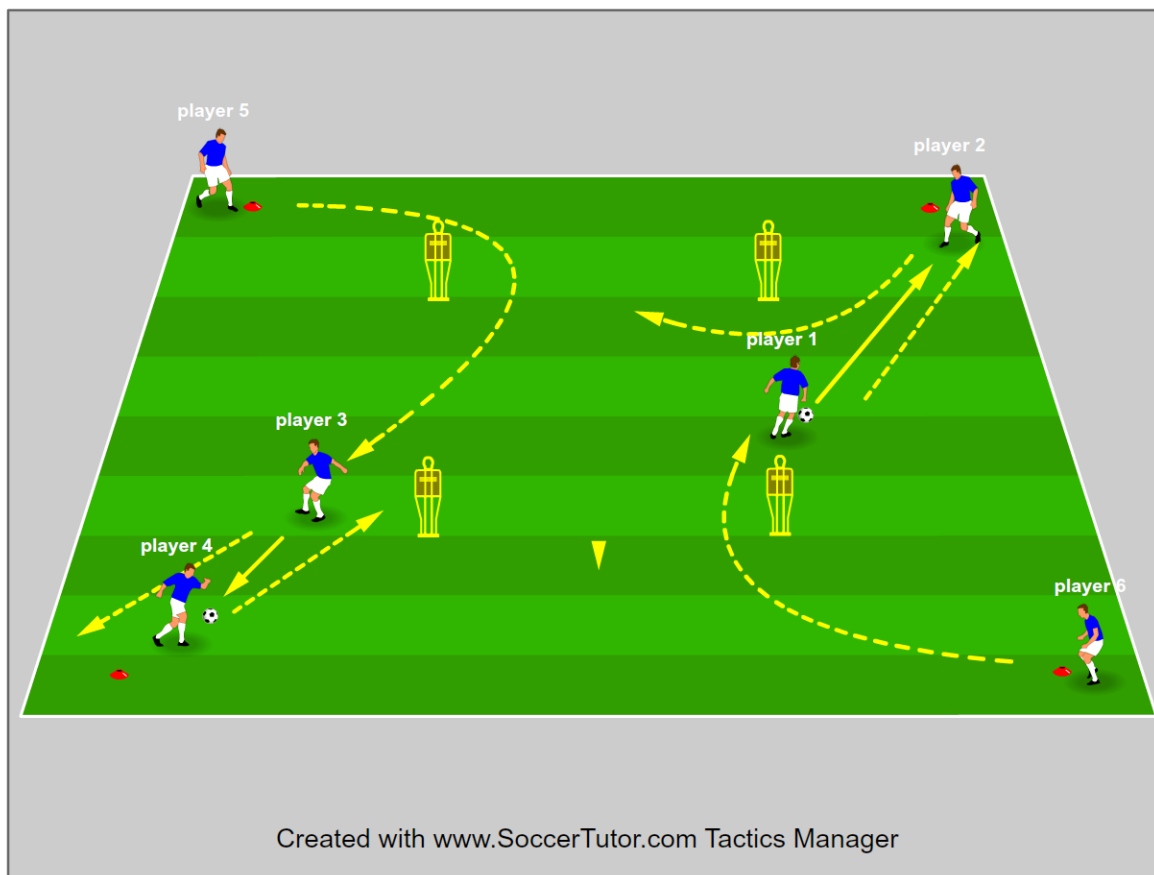


## Passing and Receiving on the Move



<b>Date:</b>	26/Feb/2014	<b>Measurement:</b>	20 x 20 Yards
<b>Time:</b>	N/A:N/A	<b>Players:</b>	0
<b>Duration:</b>	20	<b>Level/Age Group:</b>	U8 - U18
<b>Description:</b>	Player 1 and Player 3 start with the balls. They dribble to the center around the closest manikin and then play the ball to Players 2 and Players 4 respectively. Players 2 and Players 4 then continue to sequence circulating around the grid.		
<b>Objective:</b>	<ul style="list-style-type: none"> <li>-Increase the players ability to control the ball on the move.</li> <li>-Increase the players ability to strike the ball on the move.</li> </ul>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>-Athletic position when playing and receiving (Knees bent, Body weight over the ball).</li> <li>-Strike through the middle of the ball.</li> <li>-Cushion your touch as you receive (through the middle of the ball).</li> <li>-Positive first touch in the direction in which you are traveling.</li> <li>-How quickly can we receive and then play.</li> </ul>		
<b>Progression:</b>			