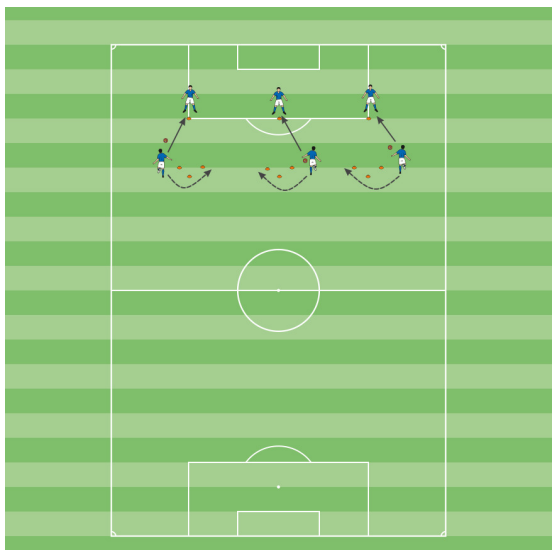








TRAINING EXERCISE

Footwork and Passing



	Passing and Receiving Coordination & Balance
	U12 to Senior
	2 to 16 Players
	Cones, Balls
	Intensity: 6
	12:00 min (8 x 01:00 min, 00:30 min rest)

Objective

To move efficiently around cones and play an accurate pass back to partner

Description

Set up 3 cones in a triangular shape and one cone 6 yards opposite. The player on the singular cone will take a knee and roll the ball to the player opposite. The player on the triangular cones will move around them and play the ball back. They should pass the ball back with their left foot when on the left hand side, and their right foot when on the right. Players alternate roles of serving and passing. Progressions: ball is served in the air and player must volley it back into their hands

Key Points

Quick footwork, do not run around triangle, body shape; shoulders should always face partner, side of foot, weight and accuracy of pass