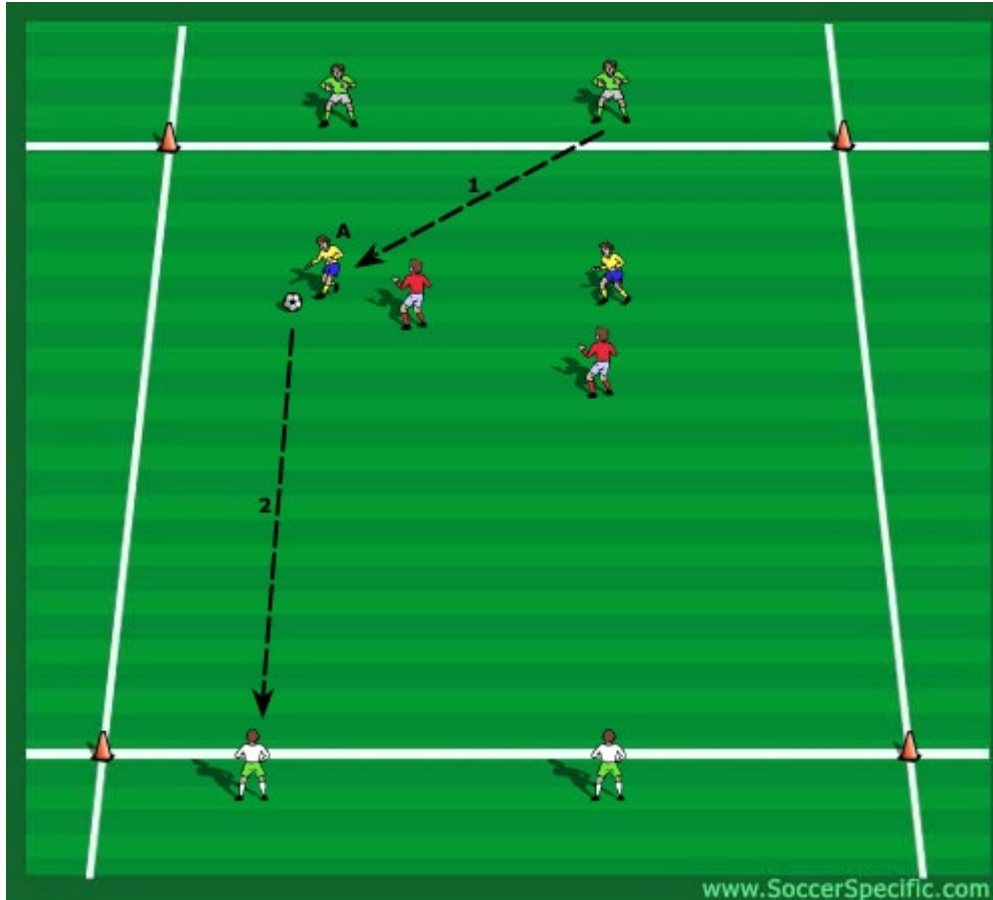


## 3 Man One Touch Passing

**Emphasis:** Accuracy and weight of one-touch passing.



**Set-up:**

10 x 10 yard grid. 3 players per grid with two balls. The players are positioned as shown: one player at each end with a ball, one player in the middle.

**Objective:**

The middle player (A) must receive a pass from (B), pass it back to (B) with one touch before quickly changing direction to receive a pass from (C). Play is continuous for 20 – 30 seconds. The middle player must not stand in the middle of the grid and simply turn around each time – he must go towards the ball to receive the pass. This will encourage players to move towards the ball in game situations. Rotate the middle player after each round of play

**Progressions:**

(1) Introduce a competition format – first group with 20 successful passes wins.

**Coaching Points:**

- Lock the ankle with the toe slightly pointed up.
- Non-kicking foot must be placed in line with the target.
- Follow through and adjust the weight as necessary.
- Move towards the ball – don't stand still.