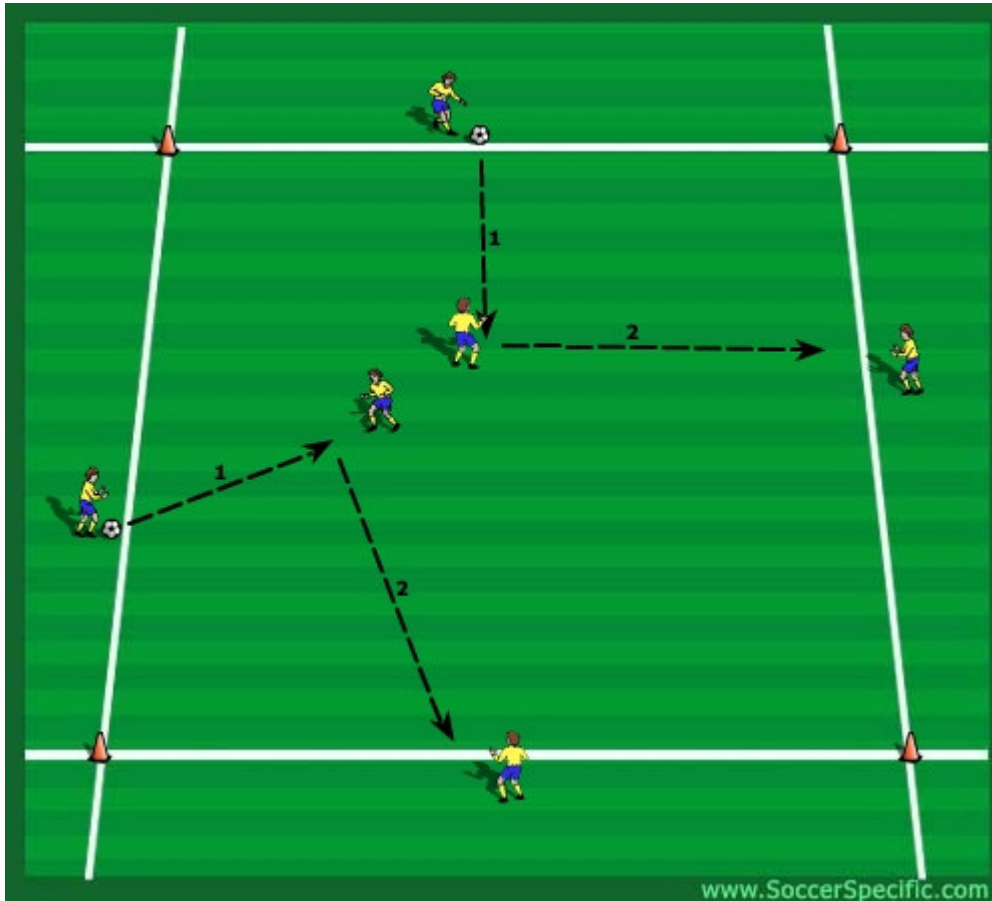


4 Cone Rotation

Emphasis: Accuracy and weight of one-touch passing.



Set-up:

20 x 20 yard grid.

Players work in groups of 6 with two balls. Two players (C,D) are positioned in the middle of the grid and act as the targets. All other players are located at each side of the grid.

Objective:

Target players (C,D) must move around the grid receiving passes from the outside players. (C) and (D) must quickly return the ball to either of the two outside players they are facing with a one-touch pass. Both target players continue moving around the grid receiving and playing one-touch passes for 30-40 seconds before switching with two new target players.

Coaching Points:

- Players should accelerate towards the ball.
- Accuracy and weight of the pass is vital.
- Strike through the middle of the ball with the inside of the foot.