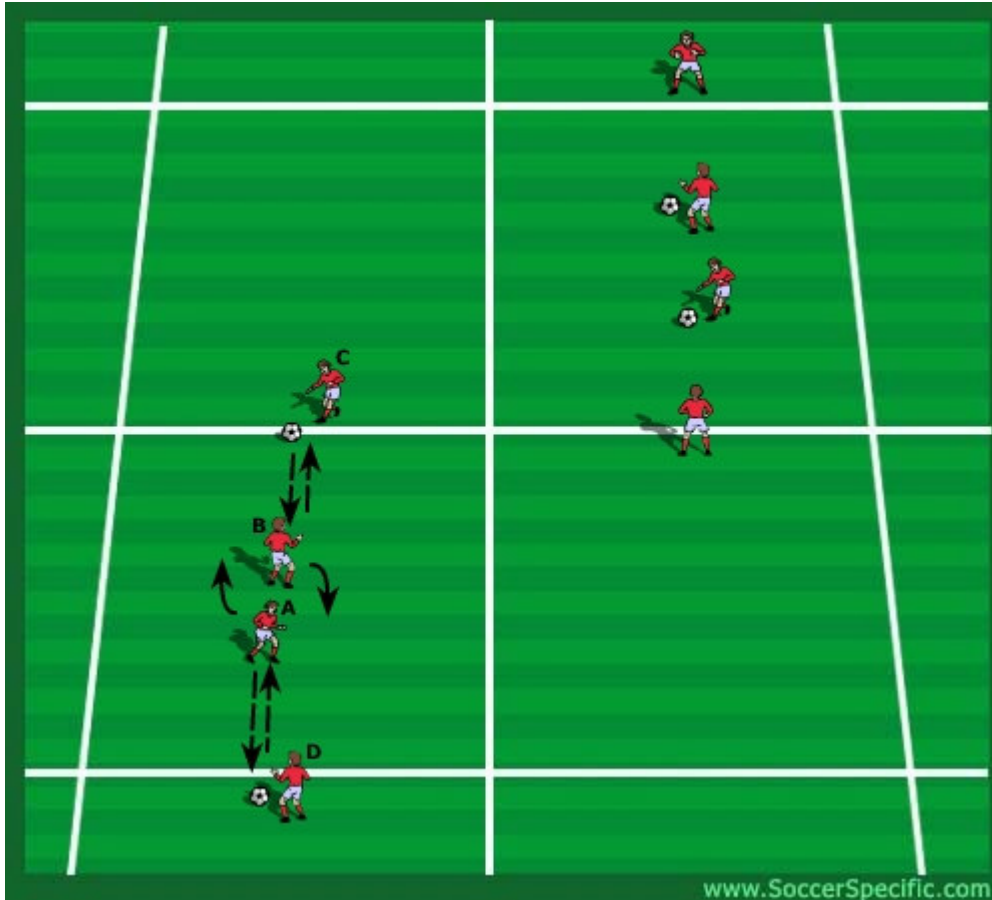


4 Man One Touch Passing

Emphasis: Accuracy, weight and timing of one-touch passing.



Set-up:

10 x 10 yard grid. 4 players per grid with two balls.

The players are positioned as shown: one player at each end with a ball, two players in the middle.

Objective:

The middle players (A) and (B) must receive a pass from (C) and (D). Both player must one-touch pass the ball back before changing direction to receive a pass from the opposite end of the grid. The end players (C,D) must attempt to use one-touch passing also to maintain the tempo of the exercise. Play is continuous for 20 – 30 seconds. The middle players must not stand in the middle of the grid and simply turn around each time – they must go towards the ball to receive the pass. This will encourage players to move towards the ball in game situations. Rotate the middle players 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.