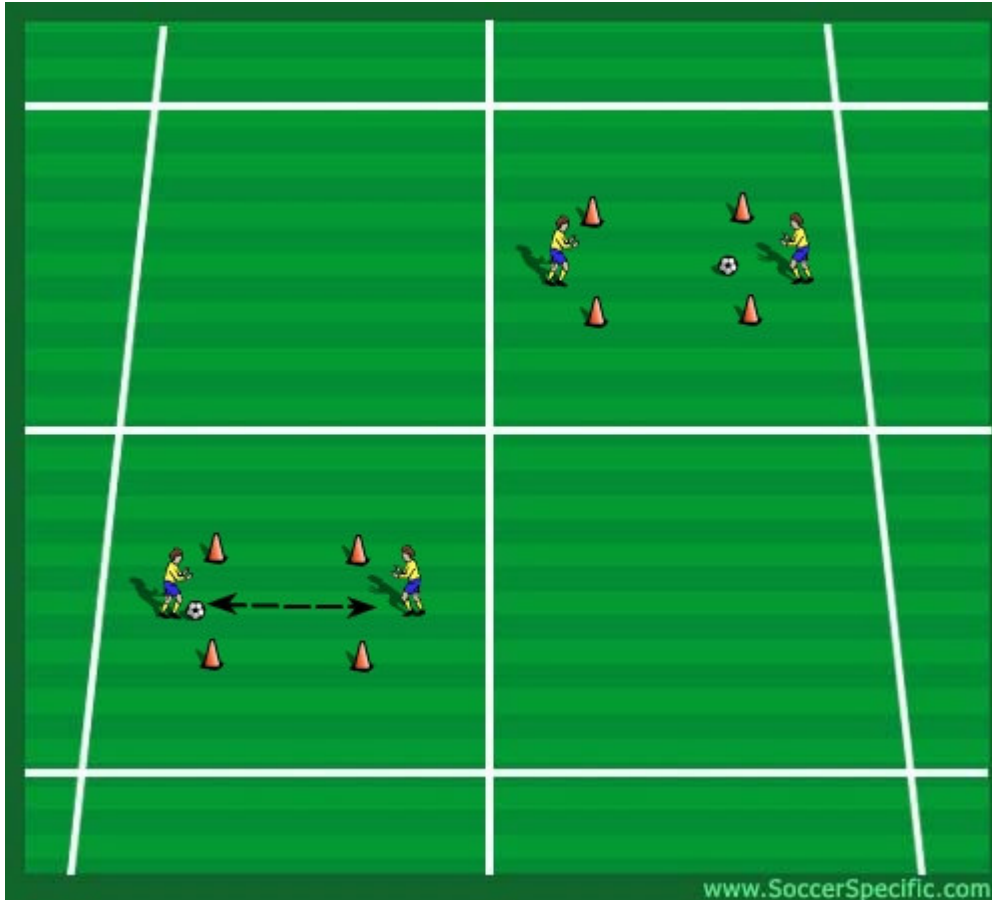


Rapid One-Touch

Emphasis: Accuracy and weight of passing



Set-up:

10 x 10 yard grid with 4 cones positioned as shown. The cones are placed to create a square in the middle of the grid. Players work in pairs with one ball. Repeat setup to accommodate the entire team.

Objective:

Players must try to play the ball back and forth through the middle of the square using one-touch passing. Each pass must be along the ground. Points are awarded for each successful pass that travels through the middle of the grid. Players attempt to get as many passes as possible in the designated time.

Progressions:

1. Reduce the size of the square (more narrow) as the ability level increases.

Coaching Points:

- Players should try to develop a rhythm with their passing.
- Accuracy and weight of the pass are equally important.
- Strike through the middle of the ball with the inside of the foot.
- Players must stay light on their feet in anticipation of receiving the next pass.