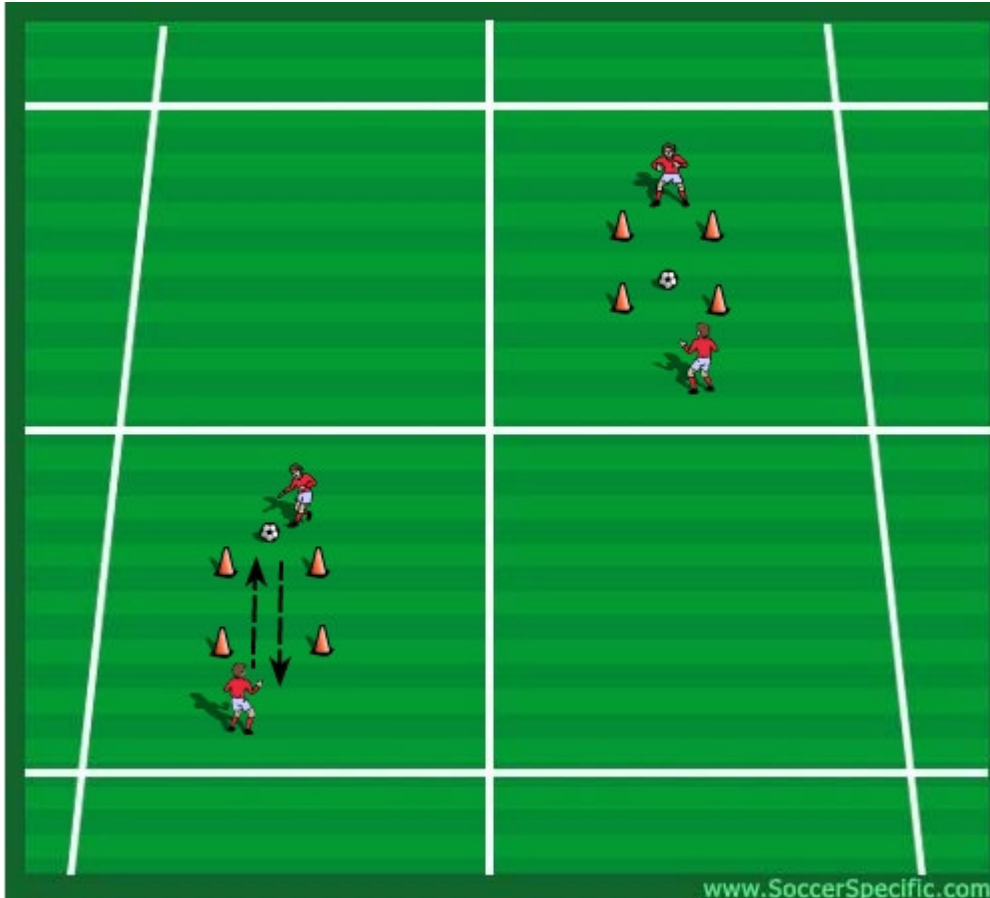


Repetitive One Touch

Emphasis: Accuracy and weight of one-touch passing.



Set-up:

10 x 10 yard grid. Two players per grid with one ball.

Cones are placed to create a 2 x 2 yard box in the center of the grid. Players are positioned at opposite sides of the center box as shown.

Objective:

Players must pass the ball back and forth through the “box” as many times as possible in the designated time. All passes must be on the ground and struck with enough weight to reach the teammate on the opposite side of the grid.

Progressions:

- (1) Reduce the width of the box to put a greater demand on the accuracy of the passes.
- (2) Introduce a competition format – first pair to 40 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.