

**ACTIVITY #1**

**Set up:** Warm up. Pass and follow 15 yds pass

**Instructions:** A1. Players play 2 touch. Once you pass you follow your pass to the back of the line.

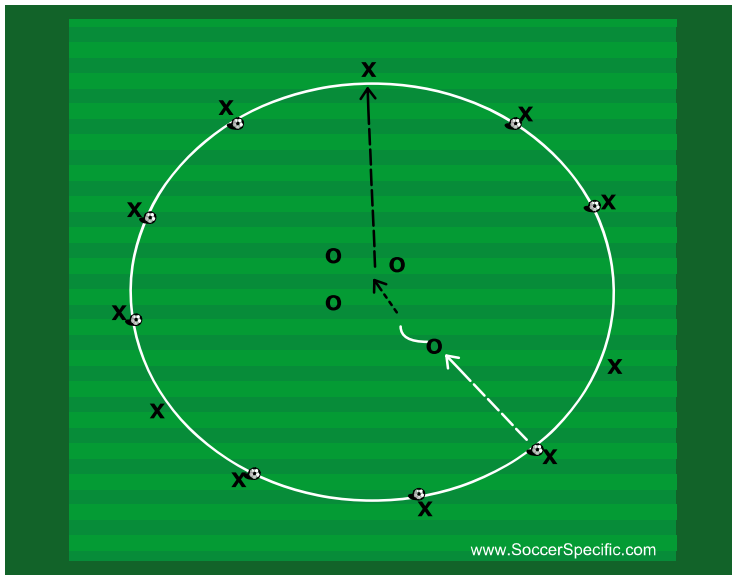
A2. Players now carry on

**Coaching Points:** Pass.

- 1) Accuracy
- 2) Eye on the ball.
- 3) Pace of pass.
- 4) Part of foot and ball

Receiving.

- 1) Body behind the ball.
- 2) Attack the ball.
- 3) 1st touch decision.
- 4) Eye on the ball.
- 5) Head up.



**ACTIVITY #2**

**Set up:** Players on the outside have a ball, they must keep this ball moving at all times as they should not strike a dead ball. We will start with 4 players in the middle, if we have to change this due to numbers then we can do so. Players work in the middle for around 2 minutes.

**Instructions:** Players in the middle look to receive a pass from the outside. The aim of the activity is to have the players in the middle receive with their back foot, open up and play to a player on the outside without the ball. We need to concentrate on the pass going in to the middle, the movement of the receiver, the first touch and then the pass to finish it off. The receiver should look to receive the ball side on, receiving the ball with the inside of their back foot. As the ball is travelling in the player should check their back shoulder to check if they can turn or not.

**Coaching Points:** Pass.

- 1) Accuracy.
- 2) Eye on the ball.
- 3) pace of pass.
- 4) Part of foot / ball

Receiving.

- 1) Body behind the ball.
- 2) Attack the ball
- 3) check shoulder.
- 4) 1st touch decision (Can I turn?)
- 5) Eye on the ball
- 6) Head Up
- 7) Quality of pass.