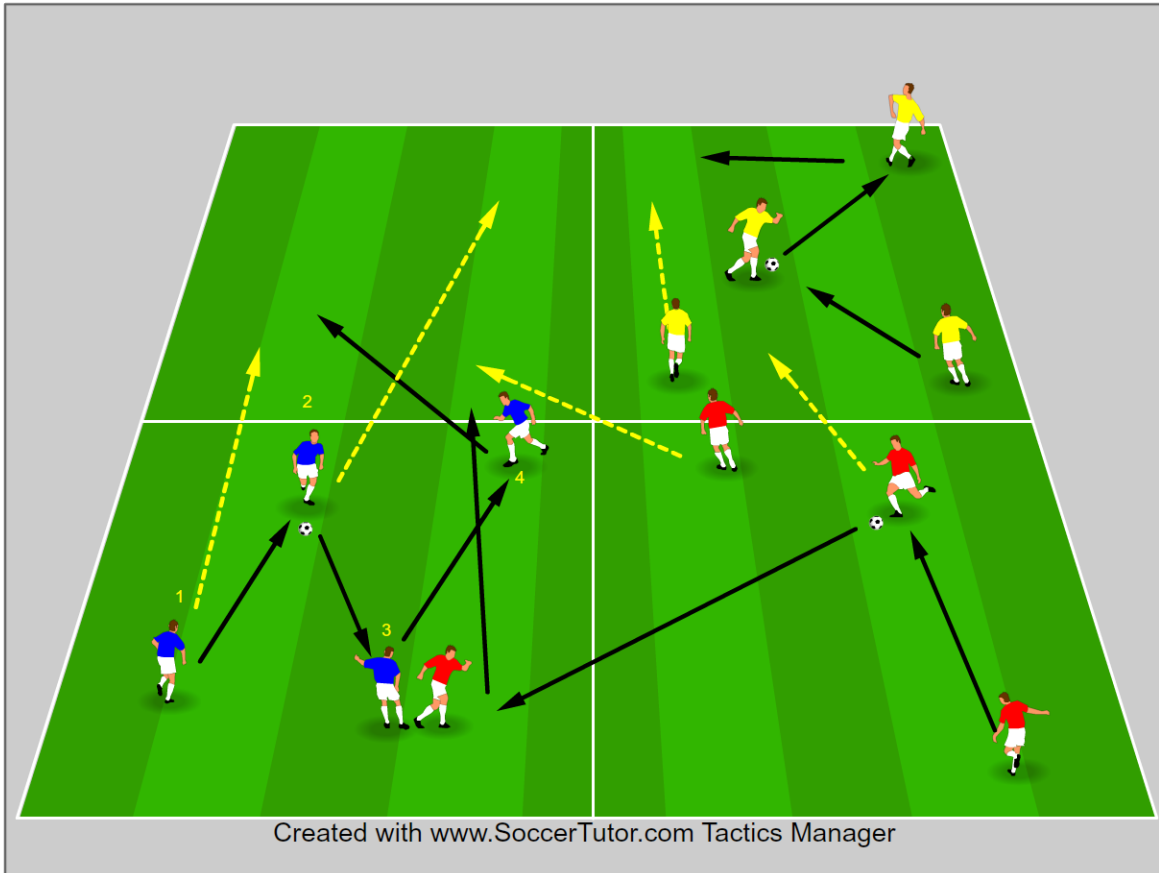


Passing and Moving Box



Date:	23/Apr/2014	Measurement:	40 x 40 Yards
Time:	N/A:N/A	Players:	0
Duration:	N/A	Level/Age Group:	U8 - U18

Description: Teams are split into teams of 4. The big box is split into 4 smaller boxes. Players are instructed to pass amongst themselves. In order to score points each player has to connect a pass in each of the four boxes. The team that completes this task first wins.

Objective:

- Increase players ability to strike the ball on the move.
- Increase the players vision and ability to see passing lanes.

Coaching Points:

- Quick movement after the strike.
- Find open space to create new passing lane.
- Where do you find YOUR next pass? (think about the next play)
- First touch into space.
- Drive through middle of the ball

Progression:

- number the players 1-4 and players must pass in order.
- Limit number of touches players can take.
- Connect 2 passes per box (encourage players to think ahead and find new space quickly).