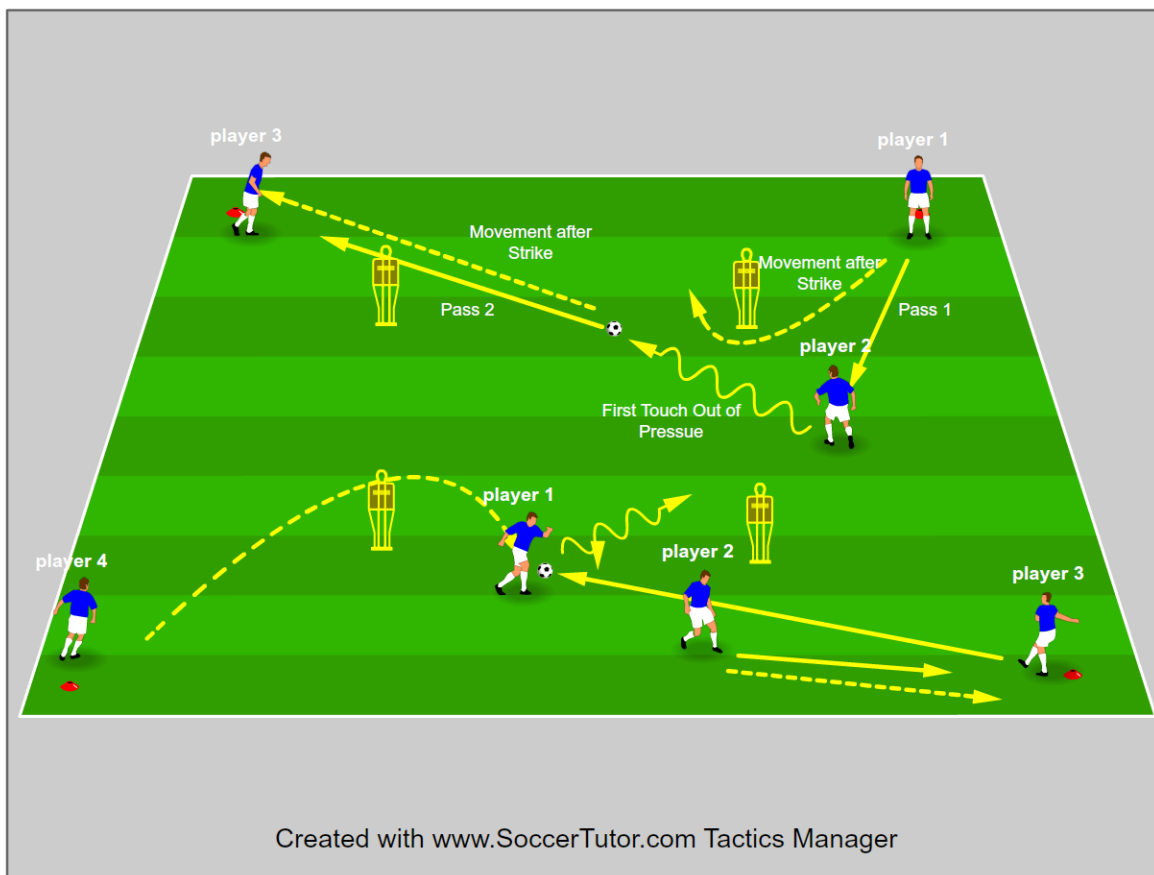


Passing and Receiving on the Move 2



Date: 26/Feb/2014 **Measurement:** 20 x 20 Yards
Time: N/A:N/A **Players:** 8
Duration: 10 **Level/Age Group:** U11 - U18

Description: Player 2 checks into the center and makes a run to Player 1 to receive the ball. Player 1 receives the ball and takes a touch through the manikins and plays a ball to Player 3 then follows their pass to the end of the line. Player 1 then checks into the center to receive a pass from Player 3. Player 1 takes their touch through the manikins and Plays the ball to Player 4.

The sequence continues around the grid.

Objective: -Increase players ability to take a positive first touch (Up the field)
 -Increase players mobility on and off the ball.

Coaching Points: -Receive with your back foot. (See man and ball).
 -Limit the time between your touch and pass.
 -Time your run so you can receive it on the move. (Separation from your defender).
 -Take a peek before you receive.

Progression: