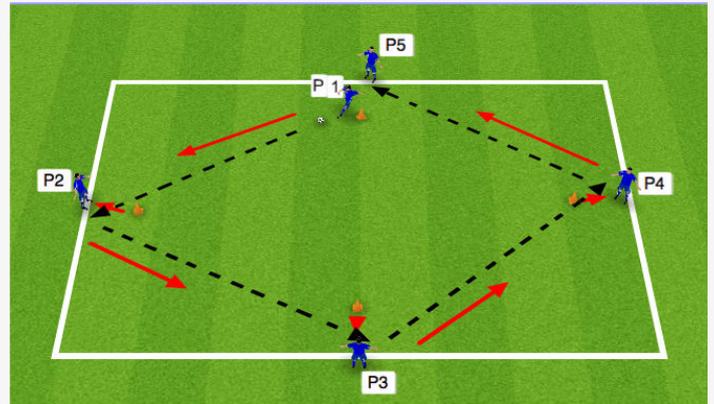


Description

Open up and follow pass (20 mins)

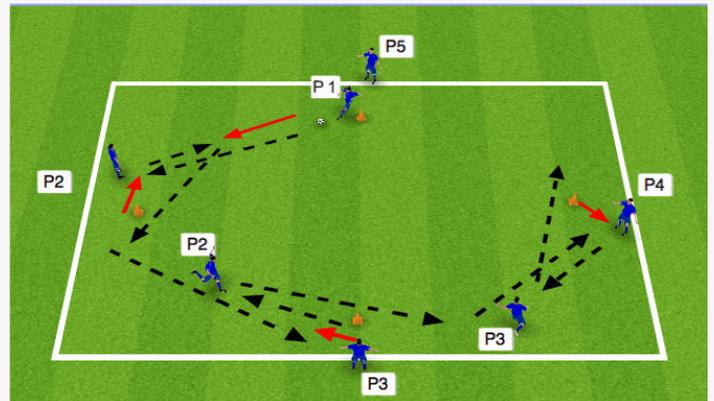
Organization: 20 x20 diamond. 5 players per area with one ball.
 (All players move to the next cone after pass)
 P2 checks off the cone and calls for the pass (keeping body open)
 P1 passes the ball player 2's right foot, so that they can open up and let the ball run across their body
 P1 follow pass to the next cone
 P2 to P3 and so on
 Progression: Ball should rotate to the left allow players to work on passing receiving with the left foot
 Coaching points

1. Timing and speed of check
2. Speed and Accuracy of pass
3. Communication (verbal and visual - point to foot pass should be played to)
4. Receiving player being able to move their feet fast enough to allow ball to run across their body



Two player combinations (20 mins)

Progression 1: Two player combinations
 P2 checks away from cone and toward P1
 P1 plays a one-two with P2, who then checks away from cone for the return pass.
 P1 passes the ball inside the diamond as a penetrating pass to beat the defender (coner) on the blind side
 P2 moves to receive pass
 On first touch of P2, P3 checks and the player moves around diamond between the players.
 Progression ball rotates to the left
 Coaching Points: as previously stated



Three player combinations (20 mins)

Organization
 P2 checks away from cone and toward P1
 P1 plays a one-two with P2
 As soon as P2 plays return pass, P3 checks away from cone to create a passing lane for a first time pass (through ball) from P1
 P2 moves to receive a first time one-two with P3.
 P3 moves away to revive the ball back from P2 as a through ball.
 The rotation then rotates to the other side.
 (All players move to the next cone)
 Progression ball rotates to the left
 Coaching Points: as previously stated

