

## Screen 1 (15 mins)

**Organization** - groups of four - one ball between four - building up to using two balls

**Field Set up** - four boxes 6x8 with a 2meter chanel in between each box

**Detail** - basically passing the ball around the boxes - work on receiving the ball with the back foot opened up - once you pass the ball you must sprint to tap any two outside cones within your box- work the ball in both directions using both feet

**Progressions** - add another ball - if this is done there is no need to tap the outside cones - pass the ball to any open player not just in the same order as previous

**Competencies** - body shape opened up to receive the pass - good technique with your pass and control - awareness to where you will be playing the next pass

