

Screen 1 (10 mins)

Organization- in pairs - one ball between two - the players cannot leave their box

Field Set up - grid sizes 6x8 with a 2meter channel in between each box (safe distance) - one cone at each corner

Detail - the red player passes the ball to the blue player then sprints to any outside cone in their box - taps the cone with their FOOT and returns to the middle of the grid to receive the next pass- the blue player controls the pass and passes back to the red player then touches a cone in their box - continue for 90 seconds - 60 seconds rest in between - use both feet!

Progressions - use different parts of the foot to control the ball with your first touch - tap two cones before receiving the pass

Competencies - focus on the quality and technique of the pass and control - properly weighted passes

