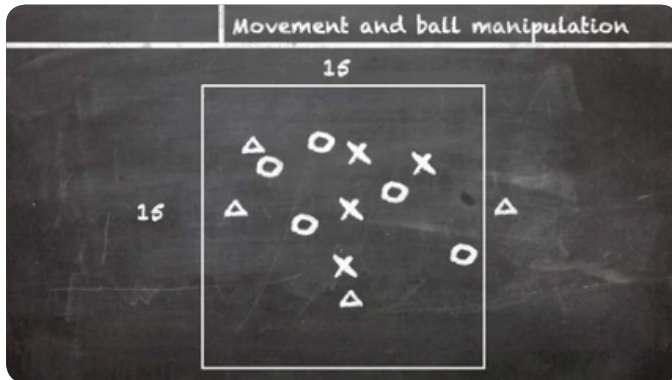


# MOVEMENT

<b>SESSION TECHNIQUE/SKILL</b>		<b>PLAYERS 9 – 16</b>
<b>AREA 15 X 15</b>	<b>AGE ALL</b>	<b>TIME 15 – 25 MINS</b>



## KEY FACTORS

Awareness

Pass, move forward and replace

Receive on the move

Support the player on ball

Weight of pass

## SET UP:

1. Team 1 has one ball for the team.  
The players must pass the ball to their teammates within the square.
2. Team 2 has a ball for each player.  
The players must dribble their ball inside the square.
3. Team 3 has one ball for the team.  
The players stand on the outside/perimeter of the square and pass the ball to each other.

**PROGRESSION:** Give Team 3 (on the outside) the added aim of scoring points by passing through the players on the inside. Will develop movement to receive and passing accuracy.

**SKILL DEVELOPMENT:** Understanding angles, dribbling technique, spatial awareness.

## NOTES