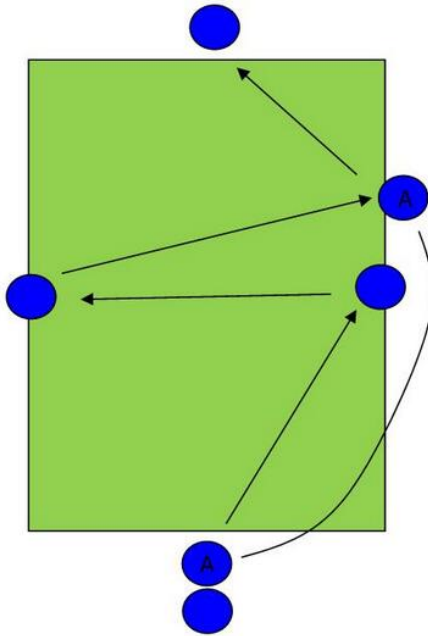


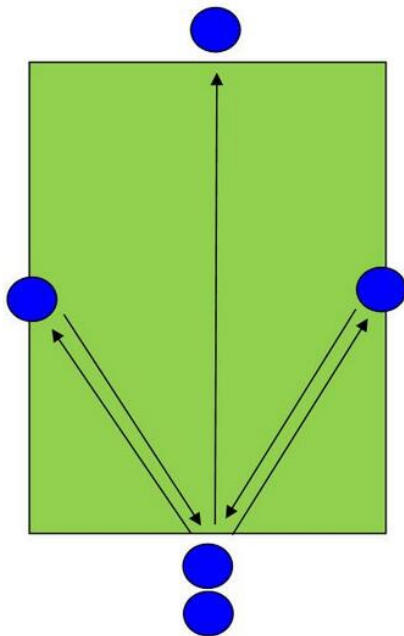
Passing—unopposed

This session can be used as a warm up or as an unopposed session.



A starts with the ball and passes it into one of the side players. The side player passes it across to the other side player. A then makes a run around the side to receive the ball again, before playing it into the end player. A joins the back of the line. The pattern is then repeated.

Rotate the side players every 2 minutes



The first player passes into the side player, who passes back. The first player then passes to the other side player, who again passes back. The first player then plays a ball through to the player at the other end, and then follows his pass and joins the back of the line.

Rotate the side players every 2 minutes

Coaching points: Accurate passing; weight of pass; one touch pass; quick, slick passing