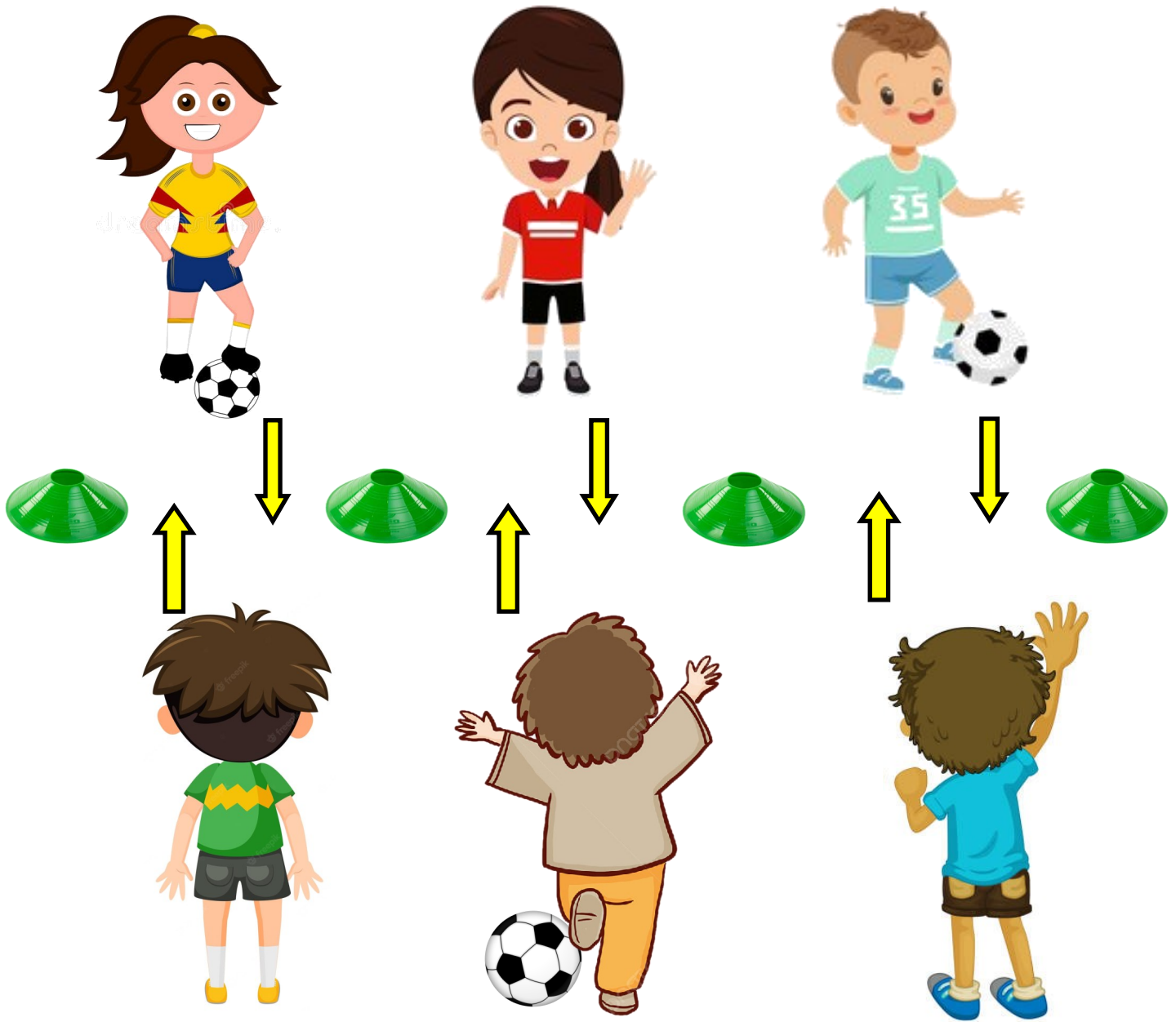


Week 3 - Passing



- Line up a row of pylons on the field with about a two or three feet apart
- Pair off the players and have them stand at first only a very short distance on other opposite sides of the pylons. Instruct them to pass the ball using the inside of their foot through the pylons to their teammate, keeping the ball on the ground (gentle kicks)
- The teammate stops the ball with their foot on top of the ball and then passes it back through the pylons. Slowing increase the distance by moving the player back from the pylons.
- It is important for them to maintain accuracy and weight on the ball.