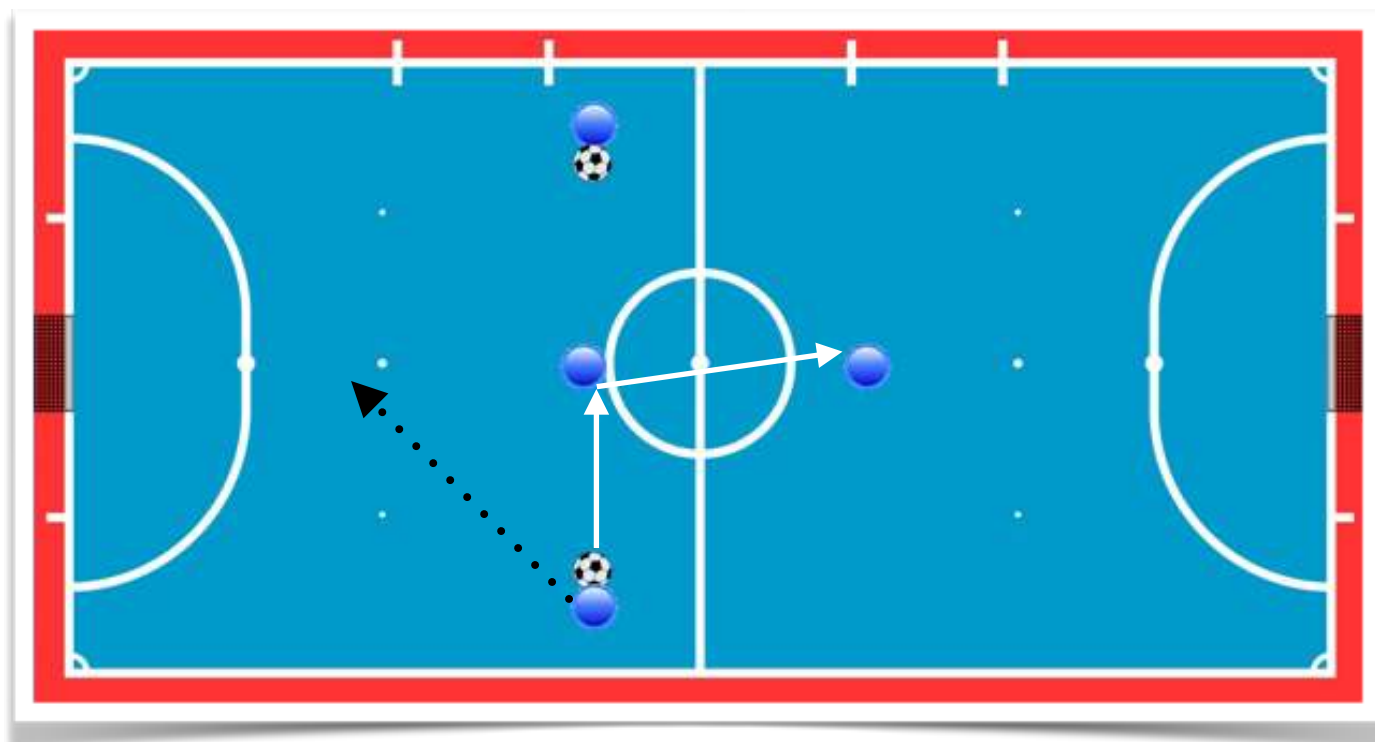




Quick Passing and Receiving

2 soccer balls per 4 players, players take it in turns to pass to the player in the middle then move to the free corner, player in the middle passes to the free player then gets ready to receive the next pass.

Focus:

- First touch, directional control
- Weight of pass
- Awareness of surroundings
- Movement off the ball

Notes:

