



Passing Patterns Combinations 2

Players are placed in a grid 50x 25 as shown above.

Player one begins by passing the ball to the first yellow player

The yellow player then plays the ball to player 2

Player 2 then passes the ball to the far yellow player.

When player 2 passes the ball to the far player , players 1 &2 run past the first yellow player and in front of the second yellow player, cross making a diagonal run.

The second yellow player then distributes the ball to either player 1 or 2 who then play the ball to players 3 or 4.

The players in yellow then turn to face the play and the sequence begins in the opposite direction.

Coaching Points

Balls must be played with good pace and direction

Time your runs so you burst on to the ball quickly

Make good diagonal runs as if you were trying to confuse defenders

Good communication

Can you play one touch?

Progression