



Passing Patterns Combinations 3

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 who makes a diagonal run in front of the first yellow player and receives the ball as shown in the picture. Player 1 also makes a diagonal run in front of the first yellow player so he/she also ends up on the other side.

Player 2 then plays the ball to the second yellow player. Player 1 & 2 run past the first yellow player and then in front of the second yellow player cross again making a second diagonal run. The second yellow player then decides to play the ball to either player 1 or 2 who in turn play the ball to either player 3 or 4.

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

Coaching Points

Balls must be played with good pace and direction

Time your runs so you burst onto the ball quickly

Make good diagonal runs to confuse the defenders

Good communication

Can you play quickly and one touch?