



Grid Work

Passing in two's -

Every player in line one has a soccer ball. Every player in line 2 is ready to receive the ball. After playing the ball all players in line one, move to the right. Players in line two stay in their same position. The process continues with players in line one receiving the ball and then moving to the right.

This process continues until the coach calls CHANGE, when this happens players in line one pass and now move to their left.

Play for 90 seconds and then switch with line two

Coaching Points

Happy Feet, communication

Move body in line with the ball, as the ball is travelling to you

First touch out of your feet, non kicking foot by the ball, ankle locked body over the ball and push through with the ball all the way to your partner

Progression

Work on volleys, thighs, chest, head and throw-in's