



Grid Work

Passing in two's - Long pass, short pass

Player begins as in position 1 and passes long to his/her partner

The player then runs into position 2 to receive a short pass from his/her partner

The process then happens again but in reverse with the opposite player making a long and short pass. (see positions 3 and 4)

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