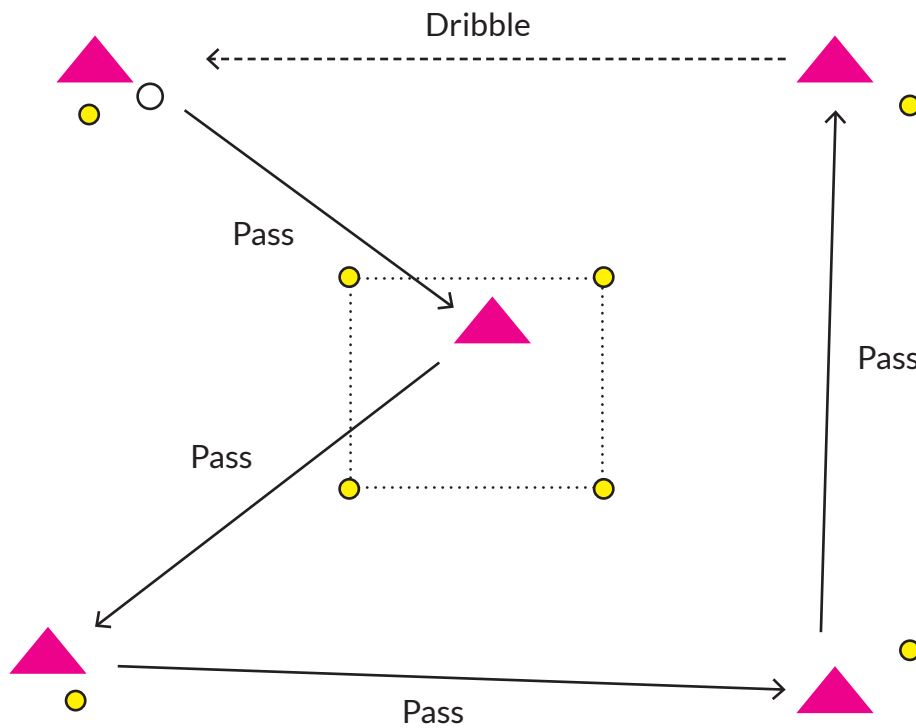


# Pass and Move - Station 3



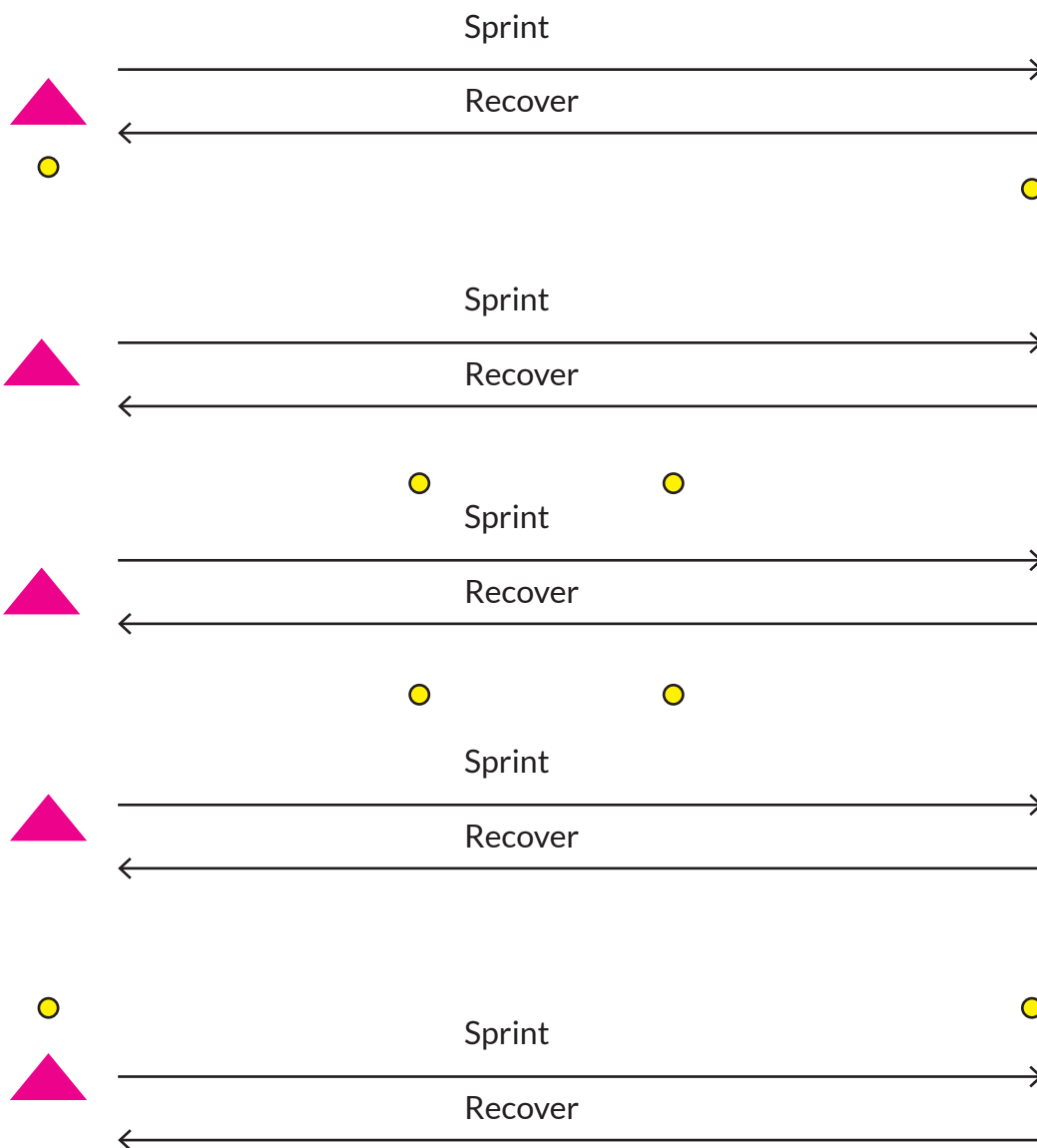
## Drills

- + Start player passes to middle and follows pass
- + Middle player passes out to corner and follows pass
- + Fifth player dribbles to next corner and passes to middle
- + (P<sub>1</sub>) Rotate the direction
- + (P<sub>2</sub>) Only use your weaker foot

## Coaching Points

- + Focus on the quality of the pass and your body shape to receive the ball
- + When the passer looks up, that's the trigger to step away from your marker (the cone)
- + Can your first touch set you for the next touch

# Sprint and recovery - Station 3



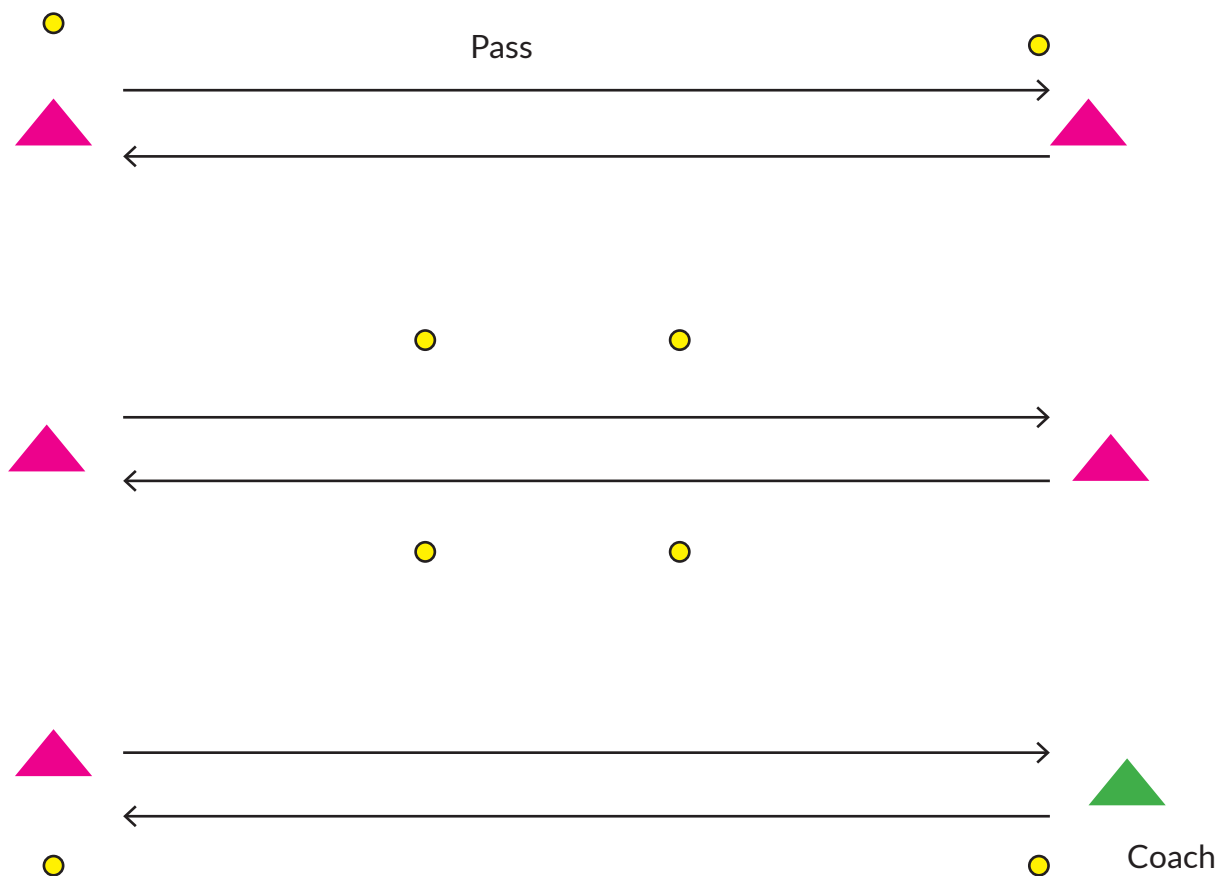
## Drill

- + Sprint to last cone
- + Recovery walk and repeat
- + Repeat 30 times
- + (P<sub>1</sub>) Do the same with the ball

## Coaching Points

- + Pump knees
- + Try to lengthen your stride
- + With the ball, keep it under control, at least 5 touches in the sprint

# Longer pass - Station 3



## Drill

- + Passing backwards and forwards between two players
- + Focus on the quality of the pass, weight, height and accuracy
- + (P<sub>1</sub>) Use just your weaker foot to make the pass
- + (P<sub>2</sub>) Aerial pass, try to ensure the ball doesn't touch the ground when passing

## Coaching Points

- + Stay on the balls of your feet, lots of minor adjustments to receive
- + Drive through the ball, focus on technique
- + Communicate throughout, demand the ball, make eye contact