

Screen 1 (20 mins)

Organization - four outside boxes 6x6 - one inside box 4x4 - one player in each box - one ball being used

Field Set up - four outside boxes 6x6 - one inside box 4x4 - one player in each box - one ball being used

Detail - the first player passes to the player in the middle box then taps an outside cone in their box then returns to the middle of their box - the middle player opens up and plays to the next outside player in the sequence outlined in the picture - short/short/long is the passing sequence - change direction - rotate the middle player keeping the required distance apart at all times!

Progressions - two balls working - change direction - possible one touch

Competencies - quality of passes at all times - all players opening themselves up to receive the pass on the back foot - quick feet/movement for the middle player

