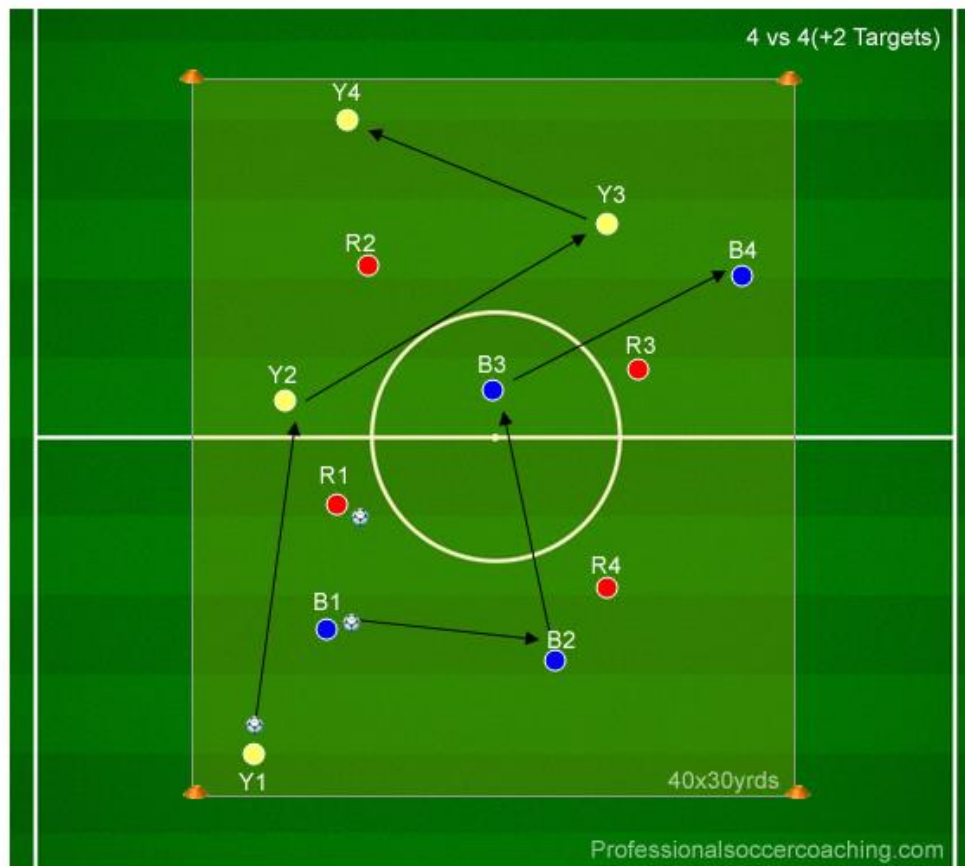


## Passing & Moving



**ORGANISATION:**

- 40x30yds grid.
- Teams of 4 (4xRed, 4xYellow, 4xBlue).
- 20mins for the technical, 20mins for the Possession Progression, 30mins SSG.
- Playing area can be varied depending on the session objective and age group.

**INSTRUCTIONS:**

Technical (Diagram 1)

- Each team passes and moves inside the playing area between its own coloured players.
- Emphasis on good quality ground passing.
- This can be performed with sequential passing (i.e. number players off and player 1 passes to player 2, whos passes to player 3, etc)
- Work on instep passing and also outside of the foot passing.
- First touch with the inside of the foot, or outside of the foot.