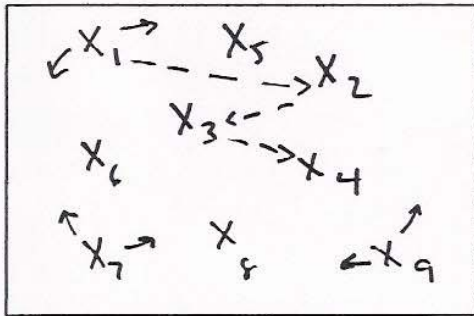
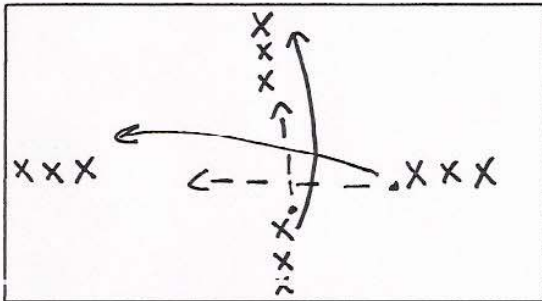


Passing '9' ball



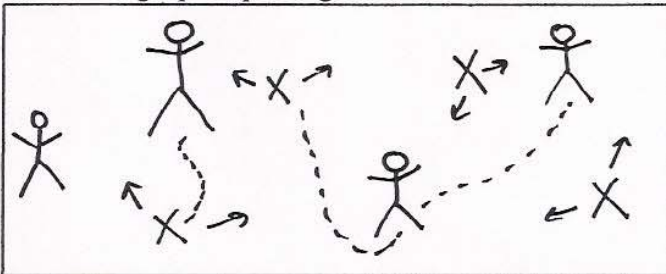
Group of players all assigned a number, move around in the grid. Ball must be passed in order of the numbers to each player as they continue to move. Focus on movement to get open and communication off the ball.

Synchronized passing



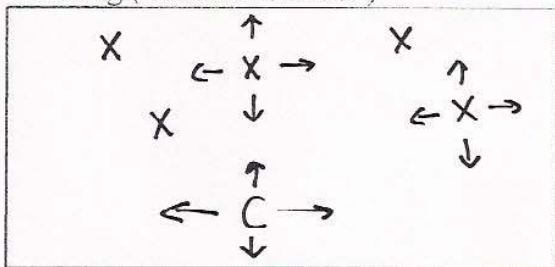
Set players up in four groups. With two balls have them knock balls across and switch lines. Variations are knock the ball across and go to a different line, knock ball across and go to back of your own line etc. Focus on communication, vision, quality passes.

Nut - meg speed passing



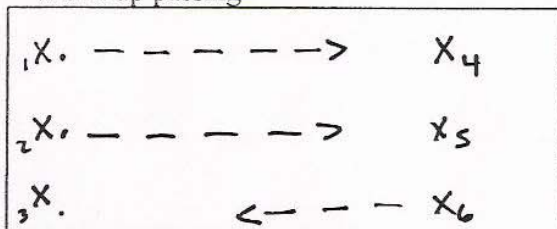
Players divide into two teams. One team is stationary around the grid, with legs slightly open. Players on other team in a certain time are to move around the grid and put the ball through as many legs as possible. Focus on speed and head up.

Passing (Follow the leader)



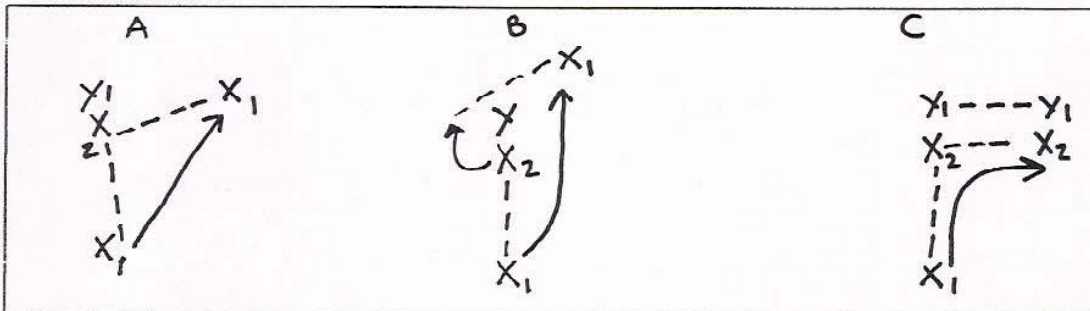
Coach or player is at front of group. As she dribble with ball other players mirror movements. Focus on keeping the head up, keep ball close, use both feet.

Warm up passing



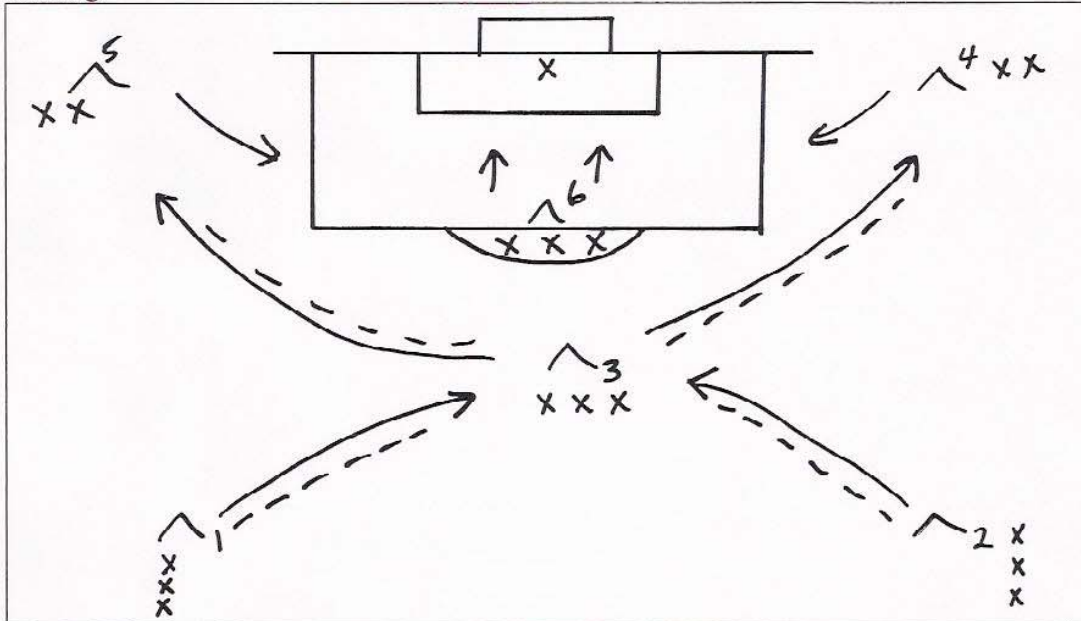
Players stand 5, 10, 15 yards apart. Knock the balls back and forth to warm up. Use different parts of the foot. Give partner a target to aim for. Focus on technique. Accuracy and using both feet.

Advanced skills

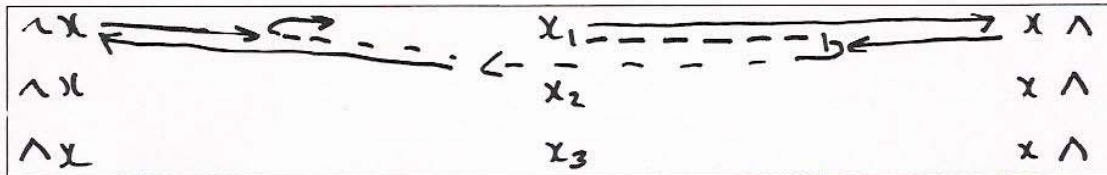


Players move as they pass within a grid. In part A the command is man on result wall pass. In the second grid the command is hold - overlap, in the third command is let run - do a cross over. Do all three. Focus on communication and movement. Eye contact with teammate. Work on moving in all directions.

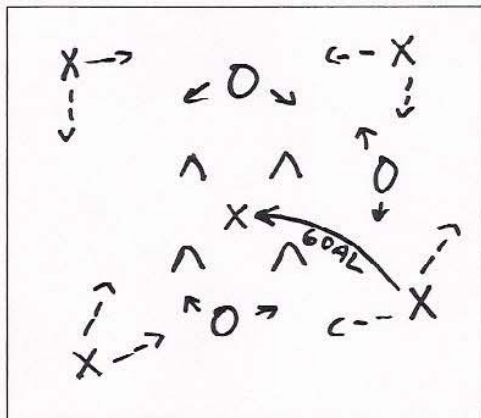
Passing



Balls start at 1, and 2. From here they are played into 3 follow your pass. 3 plays to 4 or 5, follow pass. 4 and 5 play into 6 follow pass. 6 strikes on target, runs to 1 or 2.
 (fitness, quality passes, quality touches, striking)



Ball starts at x1, x2, x3, working in their line, knock ball in follow pass, receive ball back, turn dribble, knock to other side, receive turn, repeat.
 (touch, turn, quality)



4 v 3, x's score a goal when they pass ball into the x in the middle box.
 (movement, quality, communication)