

Covid precautions:
General safe distancing.
Players always 2m apart
Individual water and break stations
No physical contact

Passing and receiving:

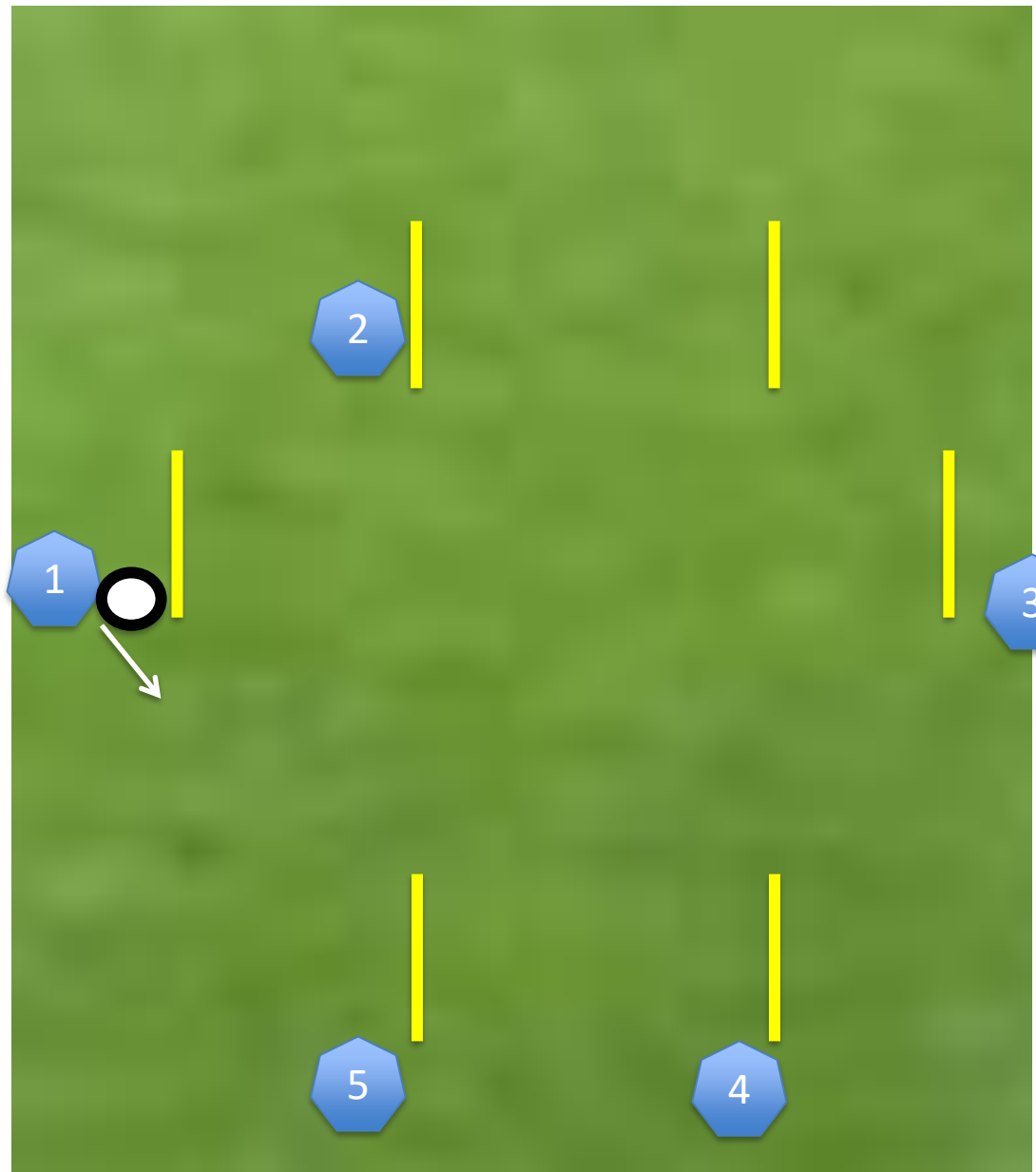
4 or 5 players in a circle

Always 1 more cone/pole than number of players

1 Ball

Player 1 passes to one of the other player and runs to the spare cone/pole

Receiving player is behind the pole and moves to the side on the touch of player 1. On receiving the ball they shift the ball across the pole and play to another player and run to the spare cone/pole



Exercise 1: Slide 2

Passing and receiving:

4 or 5 players in a circle

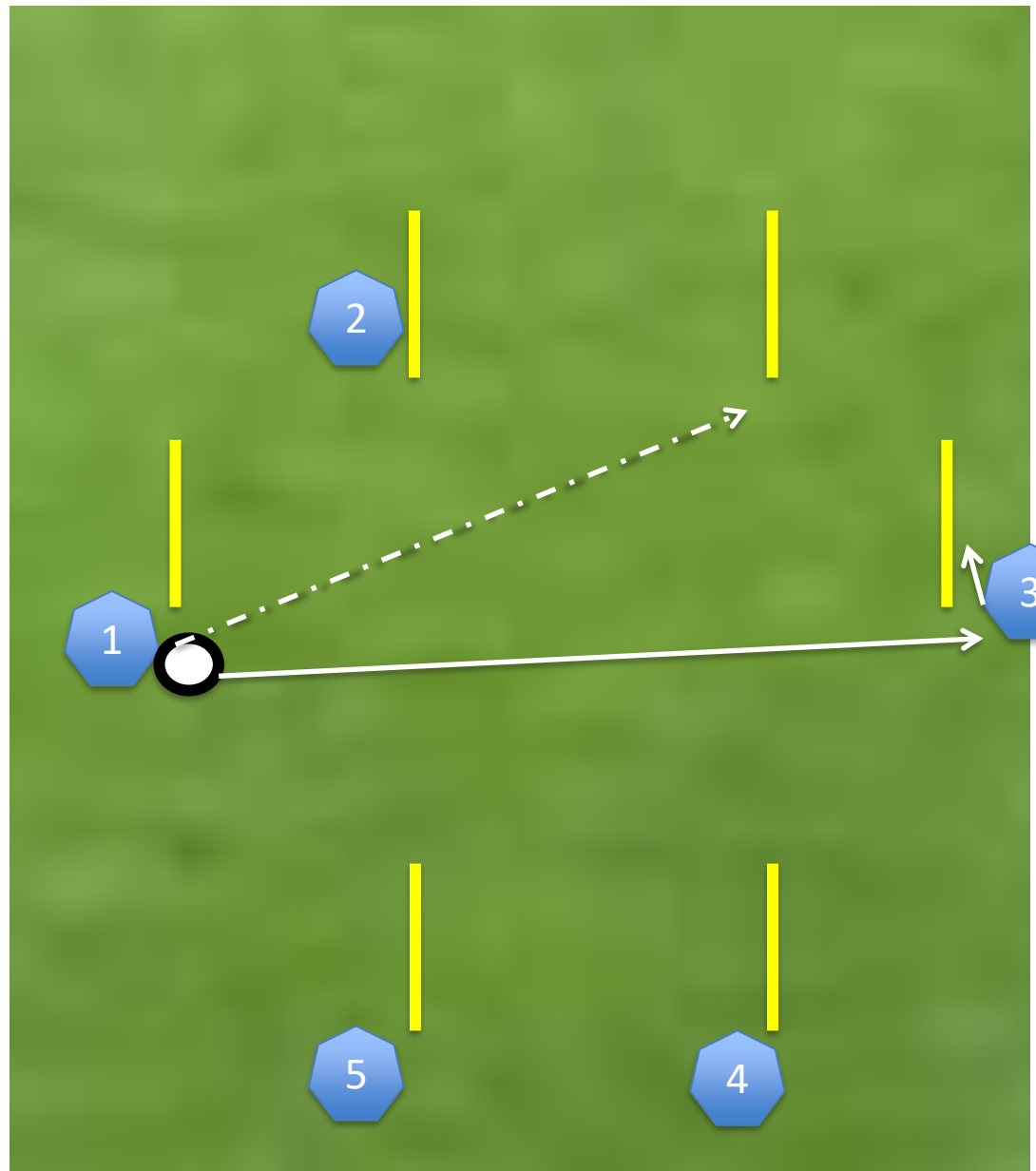
Always 1 more cone/pole than number of players

1 Ball

Player 1 passes to one of the other player and runs to the spare cone/pole

Receive ball in-front of cone/pole

Progress to 2 balls.



Passing and receiving:

4 or 5 players in a diamond

Always 1 more cone/pole than number of players

1 Ball

Player 1 passes to 2 and follows the ball

2 passes to 3 who passes to 4 who passes to 5 who has moved onto the front cone/pole

Use a variety of passes side foot, front foot etc

Use a variety of receiving;

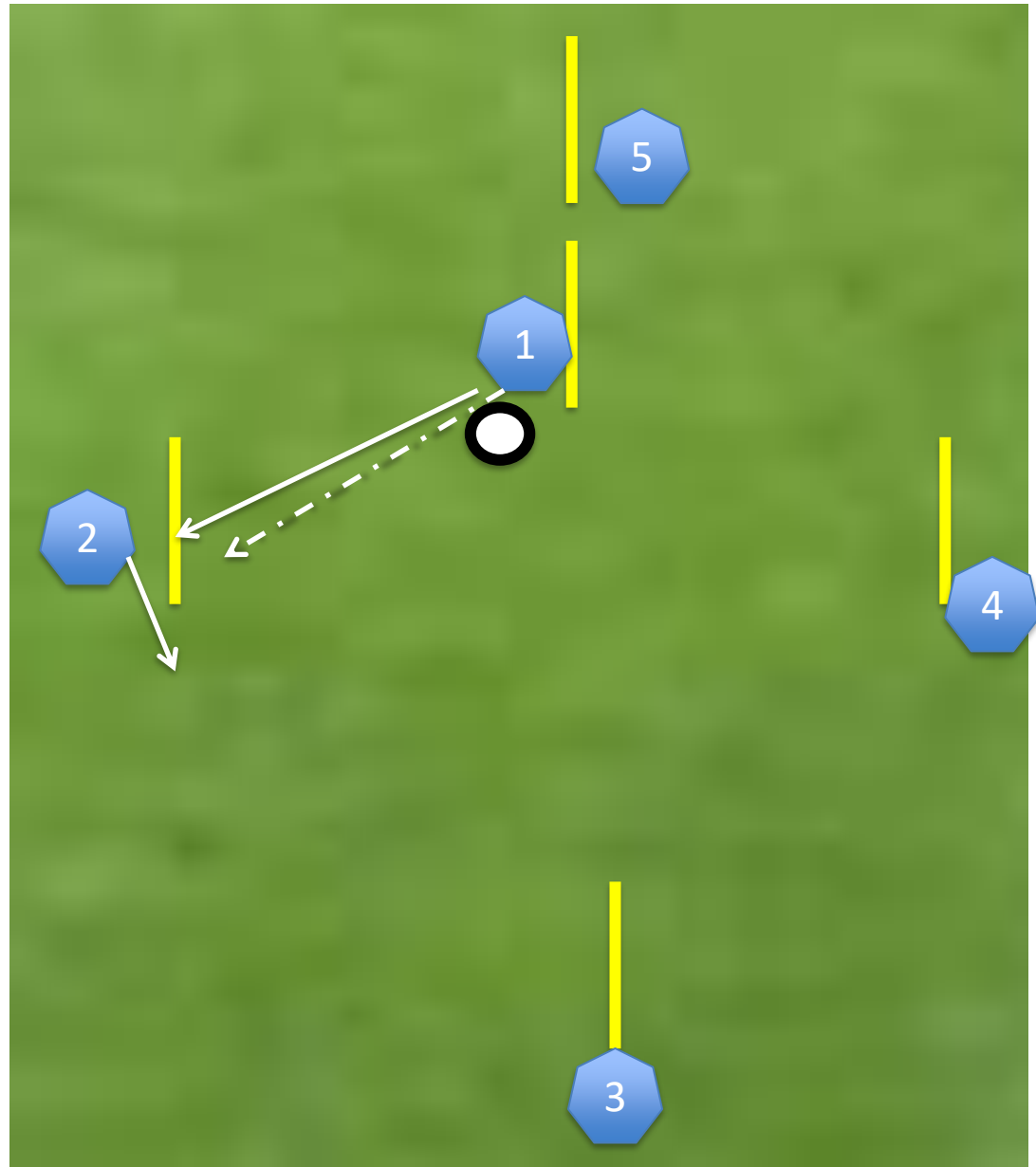
1st touch beyond the cone/pole

outside the pole - front foot

Inside the pole – back foot

Pass beyond the pole to run onto

Develop into combinations 1-2's and have races to see which player can get around the 3 poles the quickest



Passing and receiving:

4 or 5 players in a diamond

Always 1 more cone/pole than number of players

1 Ball

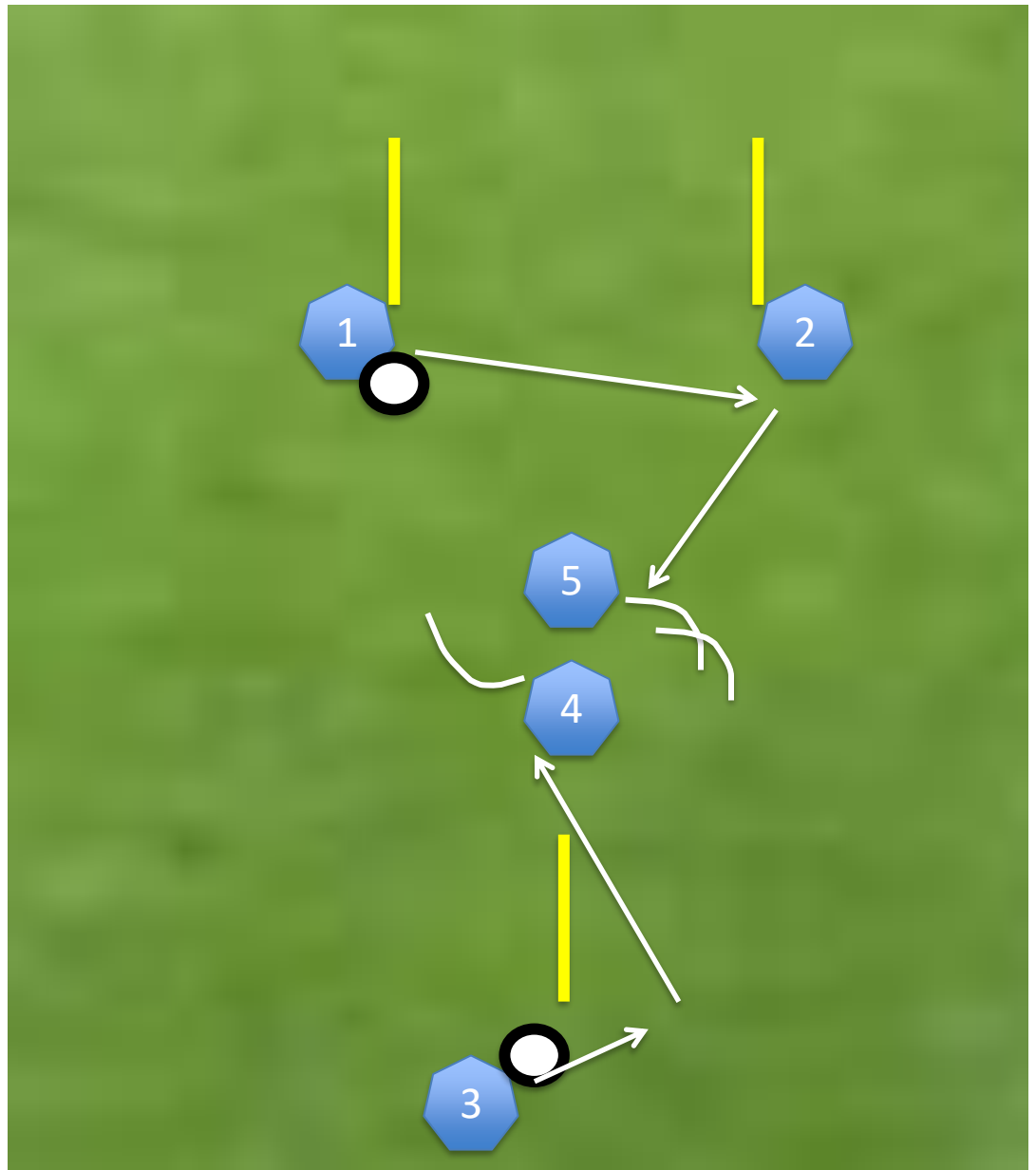
Player 1 passes to 2 who play via their mid man to get the ball to the other end

Players stay on their post for 2 minutes

The objective is to get the mid players to be aware of the opponent and touch the ball away from the opponent but still playing forward

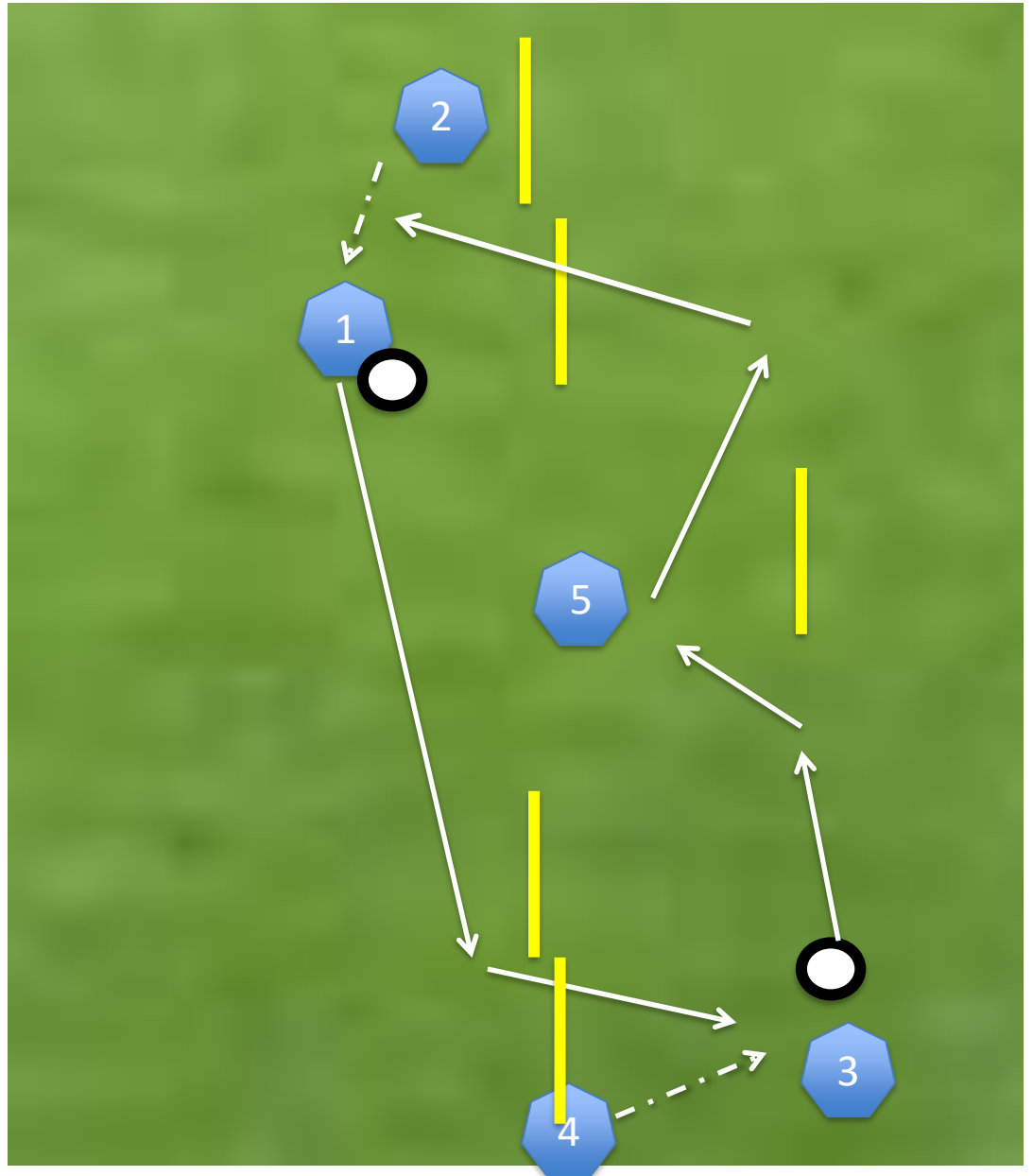
Timing of movement

Pass to safe side etc



Dribbling and Running with the ball:

The spare player acting as a combination in the middle



Dribbling and Running with the ball:

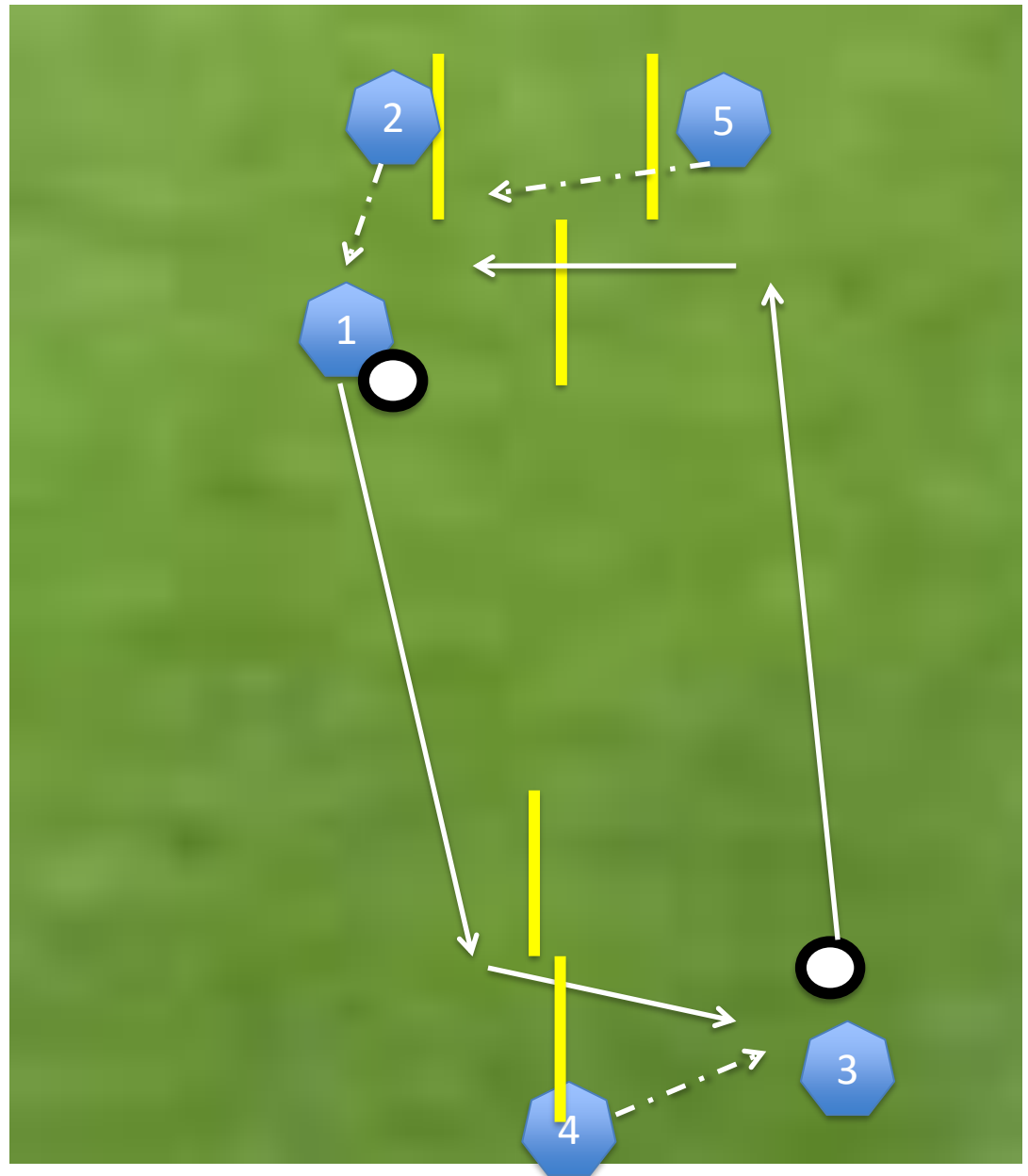
1 and 3 set off at the same time.

2, 4 get into position to receive and 5 move to next cone.

When 1 & 3 get level with the pole they play the ball to 4 & 2 who then run with the ball and pass to 5 and 1 etc.

Introduce the ball player running around the can and chasing

The spare player acting as a combination in the middle



Passing and receiving:

4 or 5 players in a diamond

Always 1 more cone/pole than number of players

1 Ball

Player 1 starts in the middle.

Runs around a cone and receives a pass from the outside

They shoot at goal and run around the opposite cone and receive another pass

Vary the service.

- Ball on ground, in air, bouncing etc
- Change the position of the cone to run around to change the shooting angle
- Change the serve so you are running onto the ball to finish
- Time the amount of time to shoot all the balls and have a competition
- Put someone in Goal

