

## Tag warm up

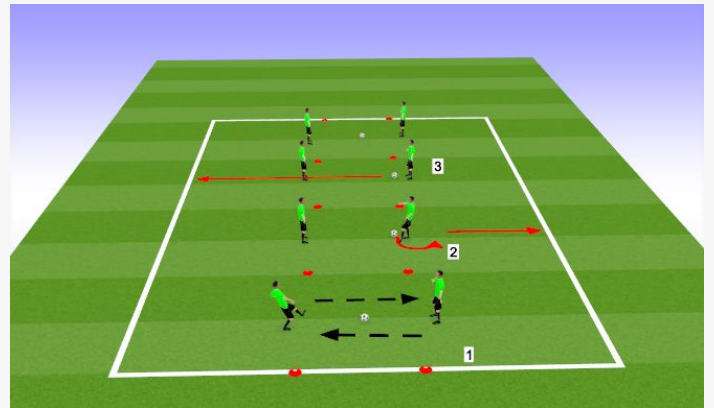
### Passing back and forth with a partner (1)

On the coaches command the player who has the ball turns and tries to dribble over the line behind them (2) if successful they win a point. If they get tagged by their partner the player without the ball wins a point.

Progression - On the coaches command who ever has the ball can either turn and attack the line behind them for 1 point or take on their opponent in a 1v1 trying to score over the opposite line to score 3 points (3)

In passing the ball - Hips facing targets - planted foot pointed to target - inside of foot - locked ankle - follow through

Sharp turn on ball using speed to get away from defender



## Technical

IN groups of three - one player in the middle and other 2 players at opposite ends

Cones down the middle divide the field into 3 sections

Players can only play and receive the ball in the section closest to who they are passing to - sections 1 and 3

Section 2 is used as a space to attack

Objective it to pass and move from each side of the area

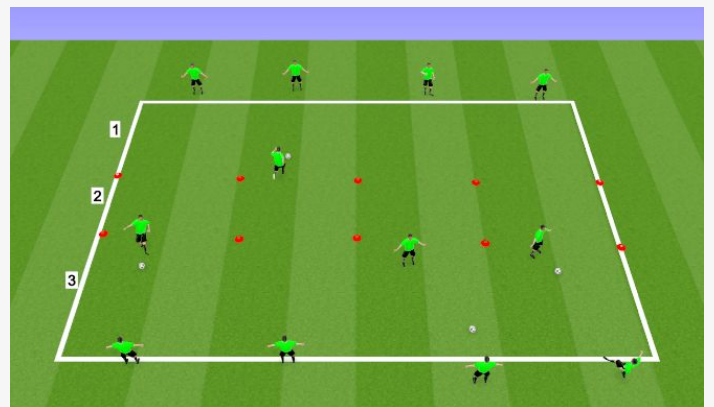
every 60-90 seconds, swap the player in the middle  
progression - Make it a competition to see what team can get most passes in a set time.

In passing the ball - Hips facing targets - planted foot pointed to target - inside of foot - locked ankle - follow through

Receiving on outside - heel down toe up - do not stop the ball - pass yourself and then to your partner (2 touches, control and play)

Receiving in the middle - check away into space - open hips to face where the ball is coming from and where you are to go - receive back foot

In receiving the ball players should have



## North to South, East to West

Groups of 3 or 4

In 3's - 2 outside players facing each other - 1 player in the middle

One team going north to south - one team going east to west

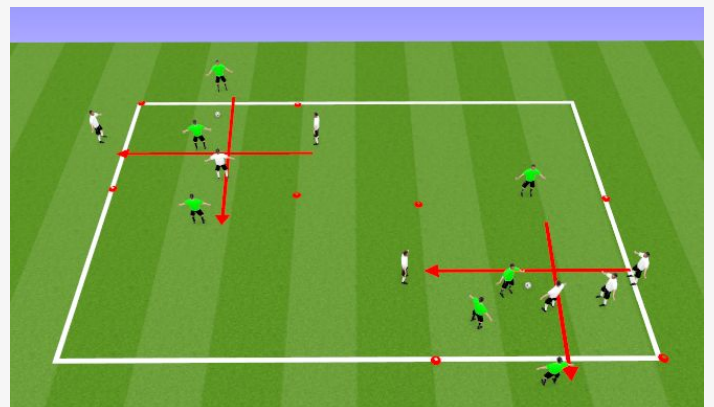
Switch personal every couple of minutes.

Playing through the middle player (s) you are trying to get the ball from one side to the other. Point scored each time it is switched.

Check away from defender to find space

Keep ball - protect it

Play with and move the ball with speed if possible.



## North to South, East to West Big game

2 teams - each with a player on the end line opposite each other - one team going from east to west - one team going from north to south

Objective is to pass and move the ball from one end to the other - point scored for each successful switch of play

Moving with and without the ball

Communication - wanting the ball but also helping the player on the ball with their decisions

