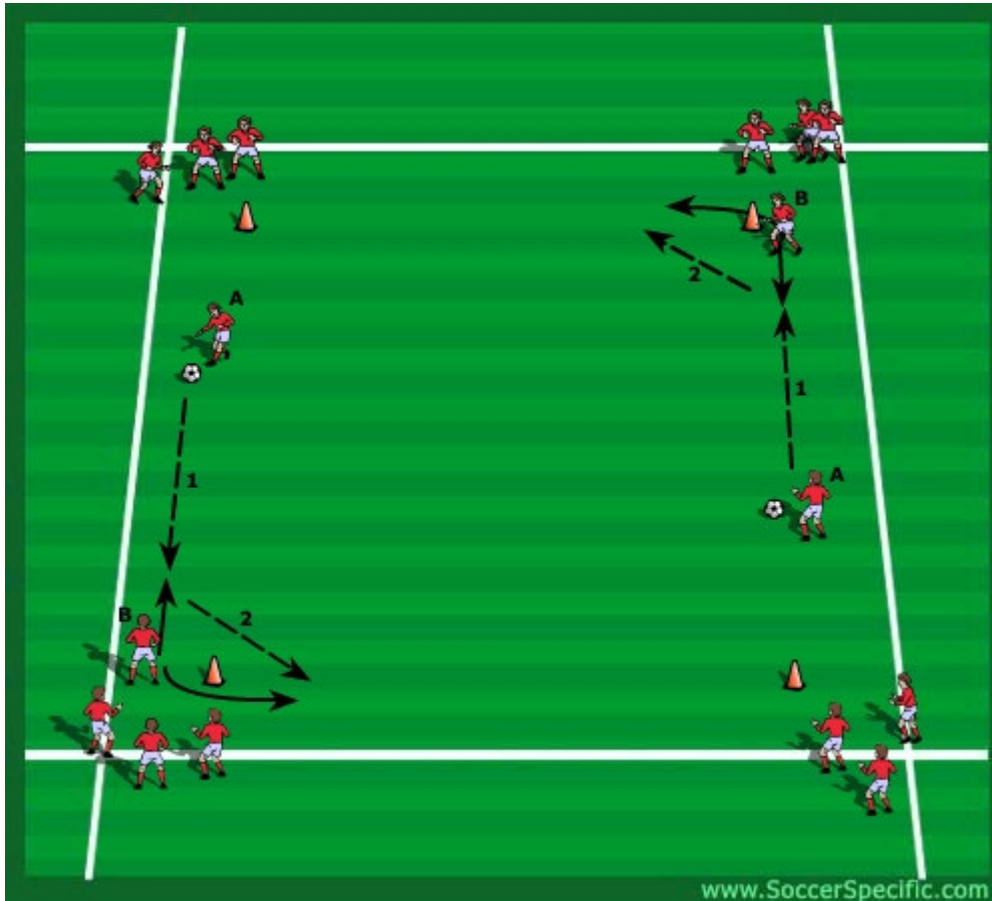


## Team Technical Passing

**Emphasis:** Sharp touches, laying balls off, communication.



### Set-up:

Four cones are positioned as shown approximately 15 yards apart. 4 players are assigned to each cone.

### Objective:

Player (A) starts with the ball. Play is in a counter-clockwise direction. The ball is passed (1) to player (B) who is checking towards player (A). Player (B) must lay the ball off to (A) before spinning back around the cone for a return pass (2) from (A). Player (B) then one-touches the ball to the next player at the next cone. Sequence is repeated for a designated period of time. Each player advances one cone after each pass. Two balls are in motion at all times.

### Progression:

1. Work in a clockwise direction to ensure the use of both feet.

### Coaching Points:

- Try to find a rhythm with the sequence – sharp lay-offs to encourage teammate to come forward.
- Accuracy of passing and quality of touches.
- Communication at all times.