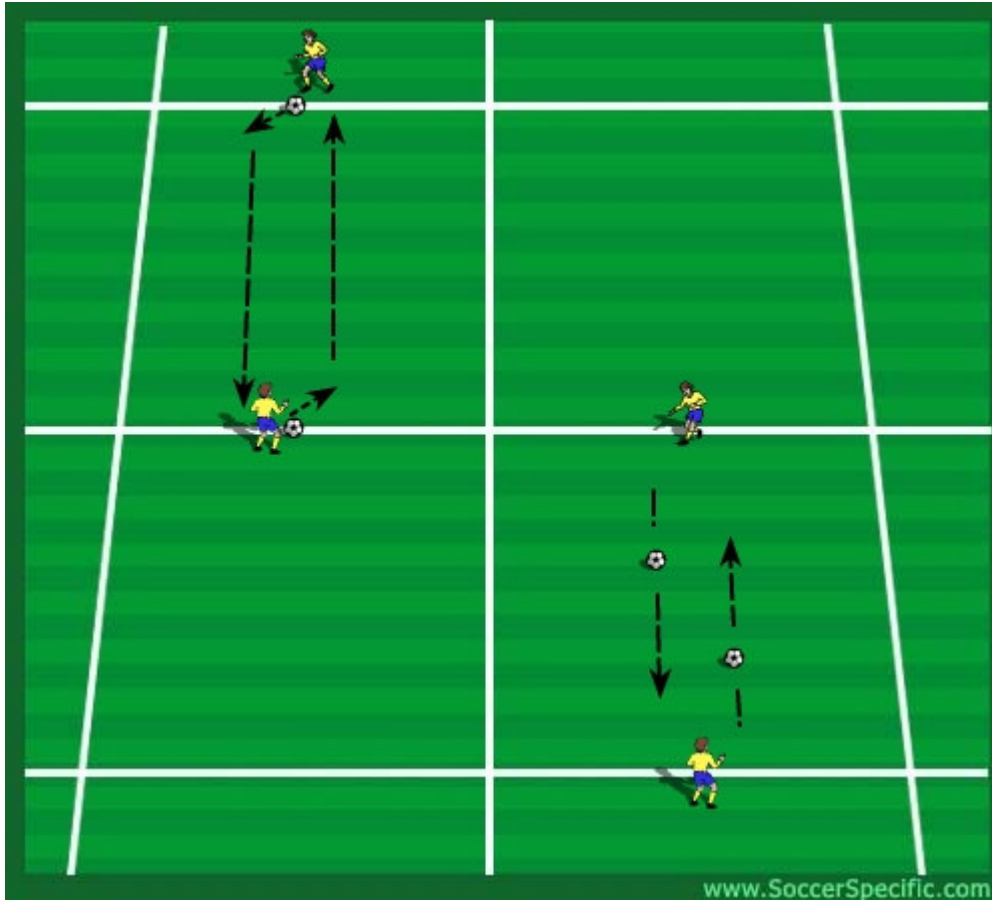


Rapid Two Ball Passing

Emphasis: Accuracy and weight of passing. Also concentrates on the quality of the preparation touch.



Set-up:

10 x 10 yard grid.
Players work in pairs with two balls. Each player stands at opposite sides of the grid. Repeat setup to accommodate the entire team.

Objective:

Players must attempt to pass both balls back and forth at the same time. Each player must use 2 touches (1 to receive, 1 to pass) to maintain the rhythm of the exercise. Players should prepare the ball at a slight diagonal before passing the ball to their partner. Preparing the ball at a slight diagonal will reduce the likelihood that the balls will collide while being passed.

Progressions:

1. Introduce a race format – “ first pair to complete Wins”.

Coaching Points:

- Players should try to develop a rhythm with their passing.
- Accuracy and weight of the pass are equally important.
- Strike through the middle of the ball with the inside of the foot.
- Players must stay light on their feet in anticipation of receiving the next pass.