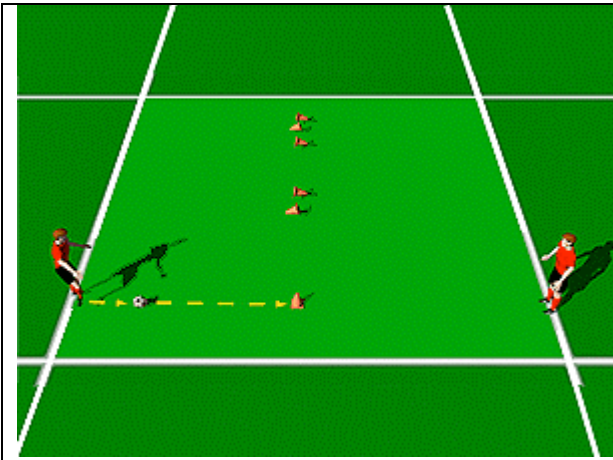


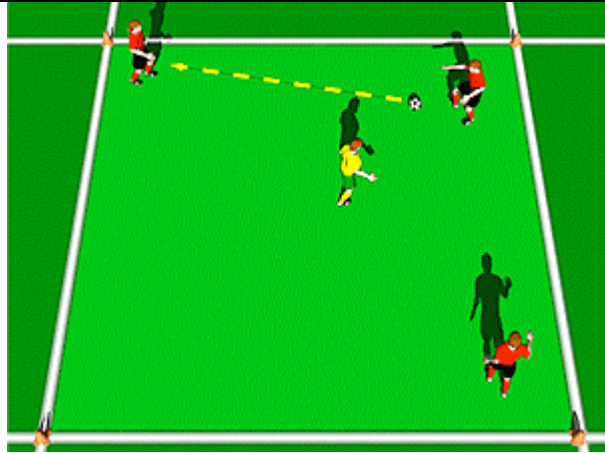
Passing #2



Three, Two, One, Blast Off

Two players are positioned opposite each other in a grid 10 yards by 10 yards. Three sets of cones are placed down the center of the grid. The cones should be positioned as a set of three, set of two and a single cone. Players work as a team to knock down all the standing cones.

First objective is to knock down the set of three cones. After this is completed they knock down the set of two cones. Finally they knock down the single cone.



3 v 1 Possession Game

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "disguise, pace, accuracy and timing". Three players are positioned within a grid 10 yards by 10 yards. The three players must try and keep possession from the defender.

The three players in possession may move anywhere within the grid. The defender's goal is to disposes the players in possession. The two supporting players must always work to offer the deepest and widest possible angles for the player in possession.