Passing Between Cones

Practice Theme/Topic

Passing

General Notes
Practicing Passing with 1 or 2 touch

Aims & Objectives
Passing & Receiving
Dribbling/Chaser

Organisation & Setup
Unopposed
Opposed with time

Coaching Factors & Outcomes
N/A

Adaptation & Progression
1 or 2 touch
Alternate feet
Inside/Outside
Dribble & Chase

Technical
Passing/Receiving
Dribbling/Turning

Physical
Checking
Turning

Psychological
Concentration
Confidence
Communication

Social
Are good Learners
Well behaved

Coaching Point #1
Weight of Pass

Coaching Point #2
Direction

Coaching Point #3
Receiving Skills

Coaching Point #4
1st Touch where?

Category: Warm Up
Length: 00:16 Rec. Players: 16

Passing Between Cones - One Touch - Right only - Left only - Two Touch - Alternate feet - Two Touch - Inside/Outside