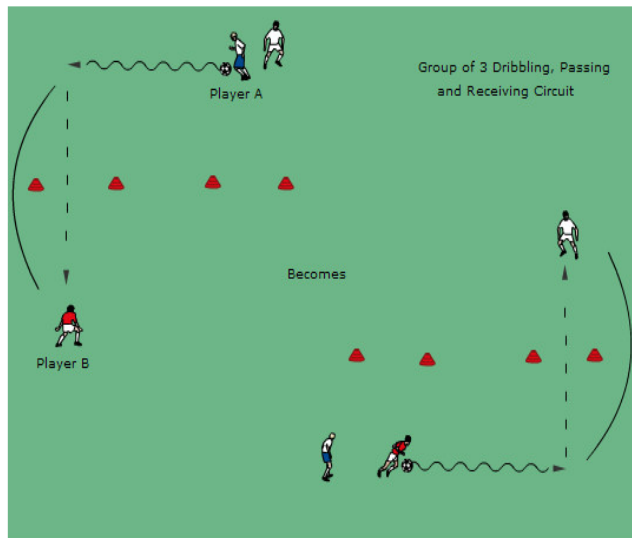


Groups of Three Passing & Receiving Movement:



The Set-up: 1 ball for every 3 players. Two 3 yard gates should be set-up as pictured. Players should stand approximately 5 yards away from the gates.

The Exercise: Player A dribbles across (as pictured top left) and passes the ball through the gate to player B. A should now run to take up B's position. Player B receives the ball and dribbles across toward the other gate. Player B now passes the ball through the gate to Player C (pictured bottom right). The

exercise continues.

Note: When teaching a player to receive the ball there are a few important things to observe.

1. Does the player get in line of the balls path?
2. Is he or she in a good starting position, soft on their feet, no heels on the floor?
3. Does the player take their 1st touch in the direction they want to go in?

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up/1st Activity:

Introduction to Passing on the Move

The German Box

Progress to:

2v1 plus 1

Possession with Boundary Players