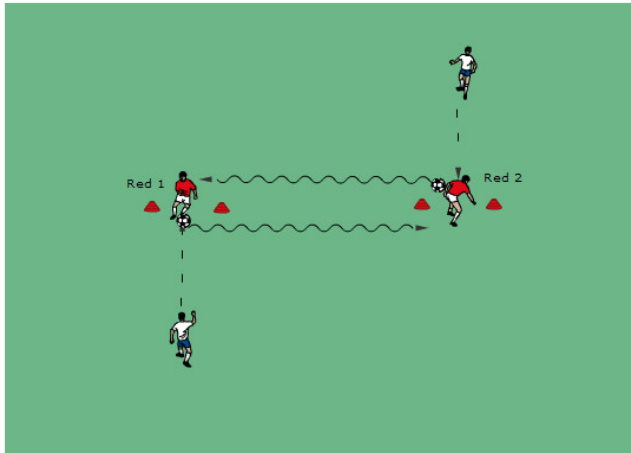


Coerver Passing Progression:



Set-up: In a 10x10 yard area. Create two 2 yard gates, as pictured. Two passers, each with a ball, at opposite corners and facing their respective gates with two receivers in the gates.

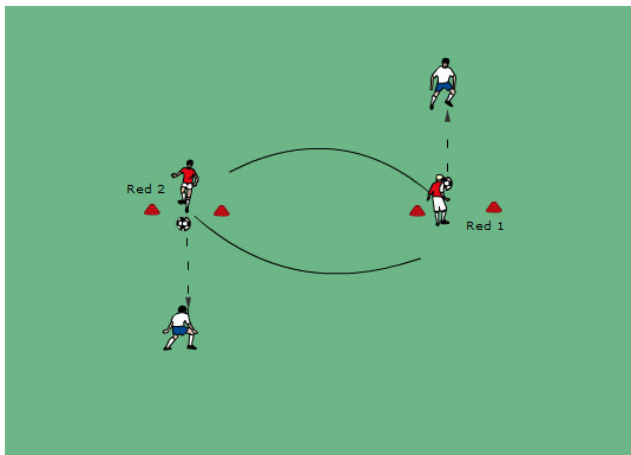
The Exercise:

1. The passers pass to their receivers (red players)
2. Receivers dribble the ball to the opposite side of the square and pass the ball to the next corner player.
3. The receivers should quickly return to their original position, call for the ball, and repeat exercise.

Focus:

Crisp Passing, Good 1st touch in the direction you want to take the ball, Movement off the ball, Communication.

Progress to:



The Exercise:

- White passes the ball to Red between the gate.
- Red drops the ball back first time and moves to the next gate. Repeat.
- Call for the ball!

Change Roles after 60 to 90 seconds. Change direction of Movement.

If you enjoy this exercise Coach Donahue recommends:

Possible next Activity:

3v1 Knock the Ball off the disc
3v3 with Handicap

Match Related Game:

3v3 Passing through 4 Goals
7v7 Win by One