

## KNOCK AND MOVE

### STAGES COVERED BY ACTIVITY

Stages 2, 3 & 4 - 6-14 year old players

### THEMES & COMPETENCIES

#### Theme:

- + Passing combinations

#### Competencies:

- + Short passing along the ground (5-15 yards)
- + Receiving using the feet
- + Mobility on and off the ball.

### WHY USE IT

To develop passing and passing receiving technique. To develop patterns of movement.

### SET UP

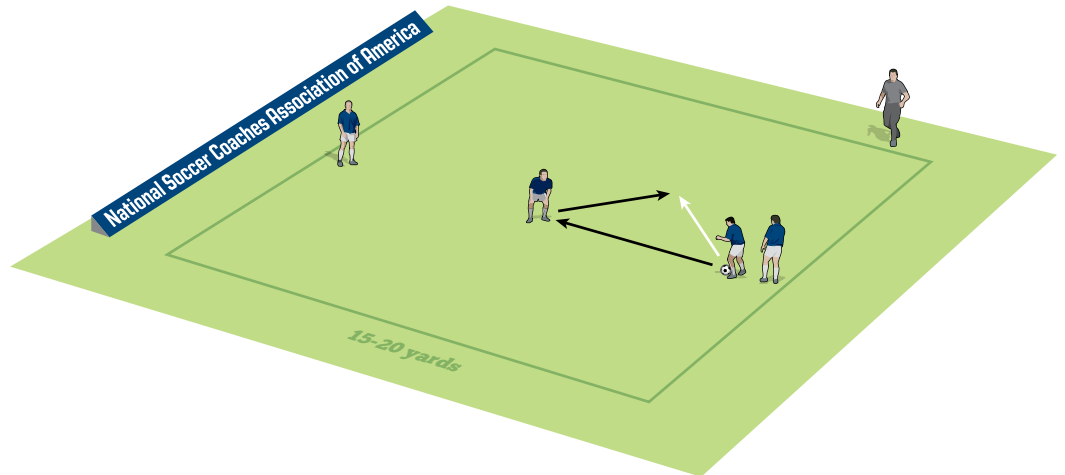
Use four players 15-20 yards apart. With one player in positioned in the middle.

### HOW TO PLAY

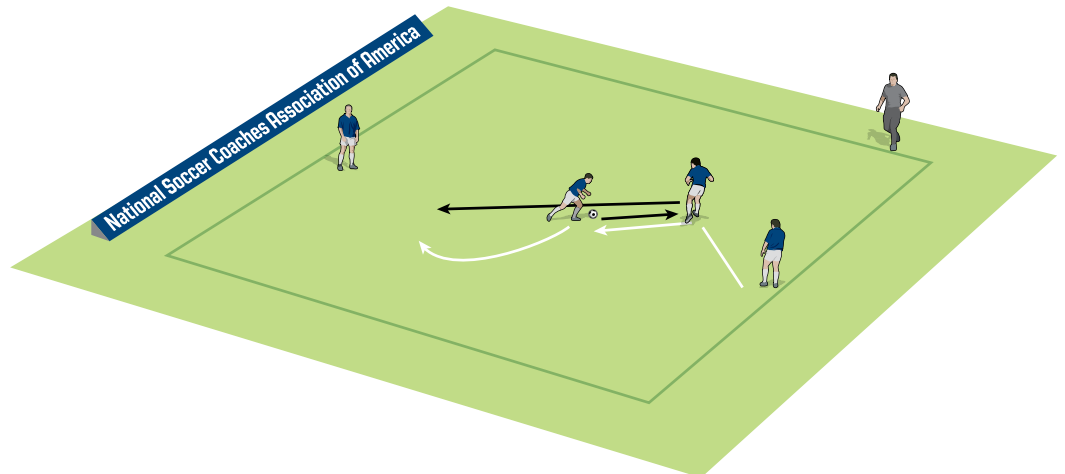
The activity is a 4 pass sequence, with 4 corresponding movements. Once the sequence is played it comes back the other way. The passing sequence involves four passes and four movements. The sequence goes back and forth and is continuous.

### COACHING NOTES

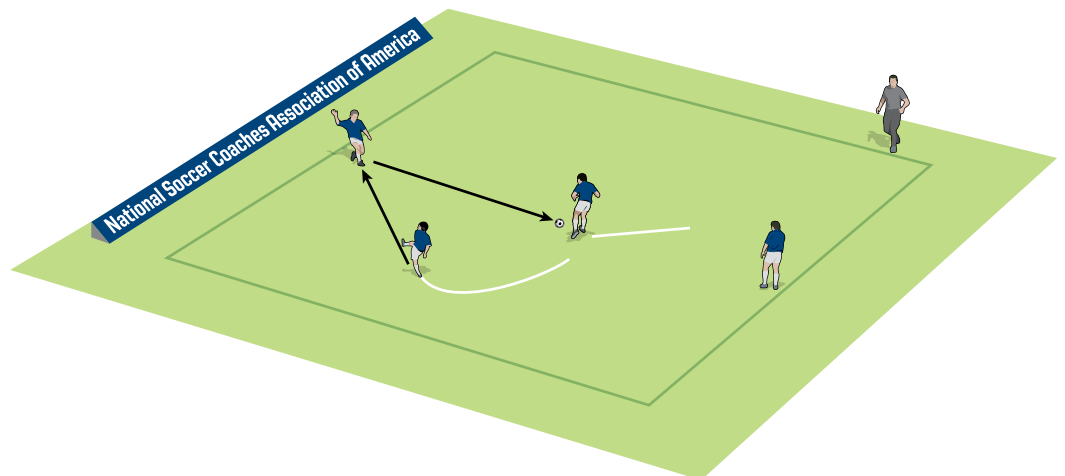
- + Coaching objectives – to have players play the way they face and turn without the ball.
- + Coaching tip – make sure the spin movement of the middle player is wide, not long.
- + Adaptations – develop to a two or one touch sequence.



- + The first pass is played into a central player.
- + The passer moves off at an angle to receive the ball back.



- + The central player makes a bending run wide and away.
- + The first passer plays the ball to the runner and moves to the central position.



- + The ball is played to the player at the opposite end of the space.
- + The passer follows the pass.
- + The entire sequence of four passes and four movements then resets the other way.

