



### Grid Work

Passing in two's- Players are asked to pass the ball to their partner. The partner then stops the ball and runs back

### Progression

Can you play one touch only

### Coaching points

Happy feet and communication

Move body in line with the ball as the ball is travelling to you

first touch out of your feet, non kicking foot by the ball, ankle locked body over ball and push through with the ball all the way to your partner