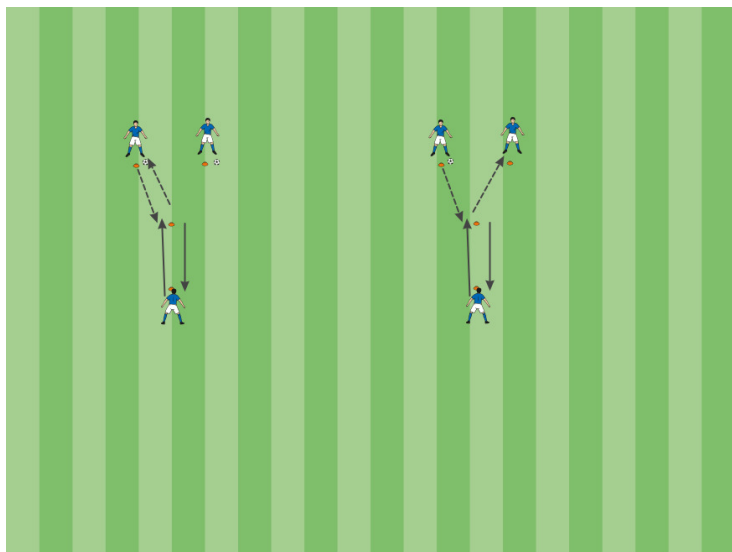








TRAINING EXERCISE

Check-to Passing Activity



	Passing and Receiving
	U5 to U15
	3 to Players
	Balls, Cones
	Intensity:
	00:00 min (x 00:00 min, 00:00 min rest)

Objective

Players learn to pass and move after the pass.

Description

3 players work in a group. Cones or markers are set up in a 10-yard triangle with one player at each cone. A 4th cone is set up 10 yards off one of the point of the triangle, and the player closest to that cone is the player doing the work. The designated passer will check to the cone and receive a pass from the passer, return the pass, then check away. He will then check back to the cone, receive the pass from the other player, and return it. Players rotate after a minute or two of work. Next progression is to use one ball and passer passes the ball to the player he did not receive the ball from. Start out with 2 touches, then move to 1 touch for increased difficulty.

Key Points

Proper passing and trapping technique
Players on their toes
Calling for the ball