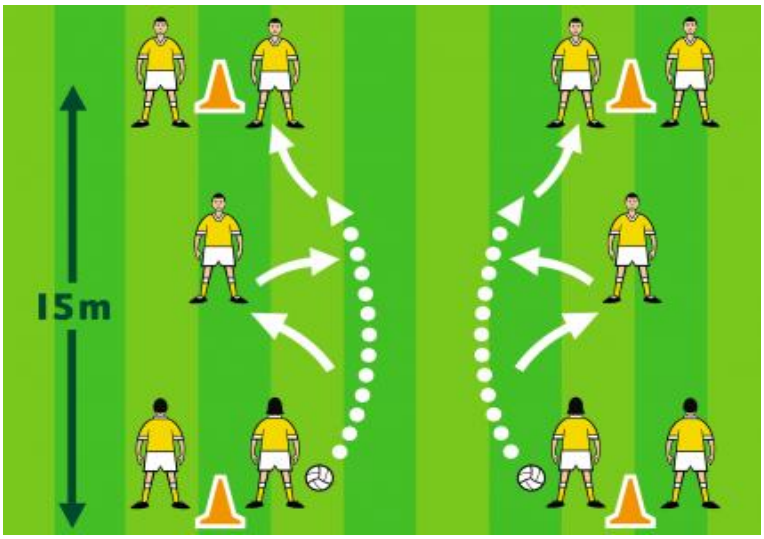
LEVEL 3

FIST PASS - MOVE PASS II

— FOOTBALL



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This is an intermediate drill to practice the Fist Pass technique on the move

Organisation

- Mark out a distance of approximately 15m using cones
- Two players line up at each cone
- The fifth player is positioned midway between the cones
- Each player in turn fist passes the ball to the central player, moves to receive the return and fist passes to the next player at the far cone
- When running to the right of the central player the right hand should be used to pass and vice versa

STEP Variation

Task – To increase the difficulty; the coach signals to which side of the central player each runner must pass

EQUIPMENT LIST

- Cones
- Football

Notes