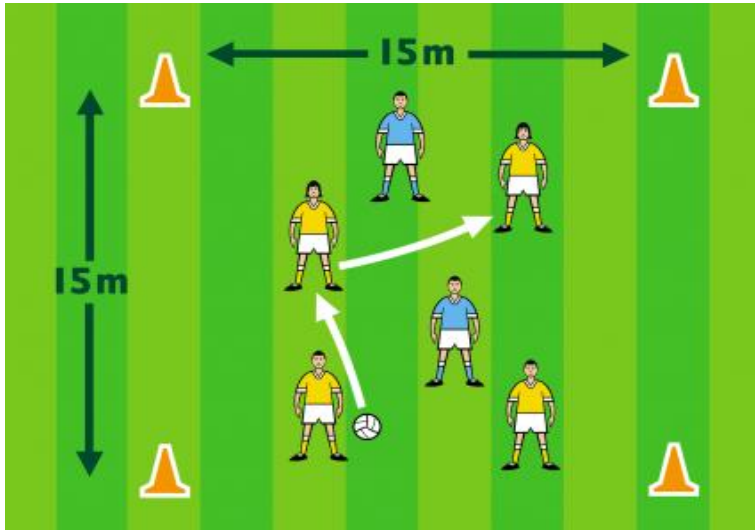


LEVEL 2

FIST PASS - KEEP BALL

— FOOTBALL



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

Organisation

- Mark out a grid 15m by 15m
- Divide the players into a team of 4 and a team of 2
- The team with 4 players has the ball
- The team with 2 players are defenders and must try to get the ball
- The team with the ball must try to keep the ball away from the other team using only the fist pass
- Rotate the players on each team after a set period of time

STEP Variation

Task – To increase the difficulty on the team in possession; increase the number of defenders

EQUIPMENT LIST



Cones



Football



Player

Notes
