



Difficulty level ★★☆☆

Core skill: First Touch

3 V 1

Activity

The three players on the outside can only pass to their left or right (not diagonally across the middle) and must keep the ball away from the defender in the middle who tries to intercept the passes.

As shown in Diagram B, once a pass is made a player may have to run to the empty cone to provide a passing option for the person with the ball.

Change the defender every 30 seconds or 1 minute.

Set Up

Area: In a grid of approximately 7m x 7m (depending on ability of players)

Players: Four players in each square, three players are on a corner as shown, one player is in the middle as the defender.

Equipment: one ball per group (spare balls close by), 4 cones, bibs.

Note

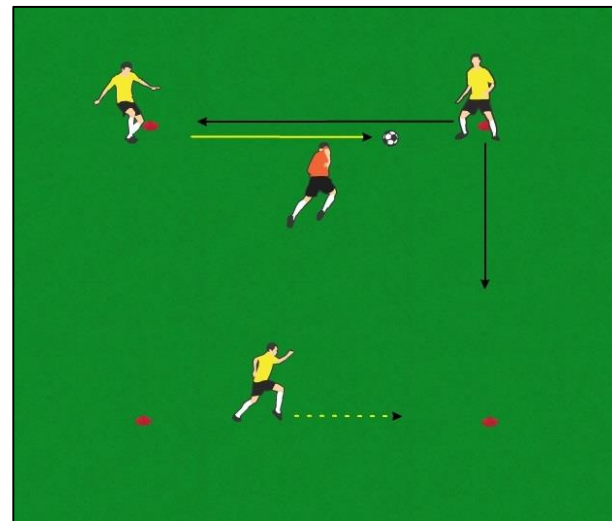
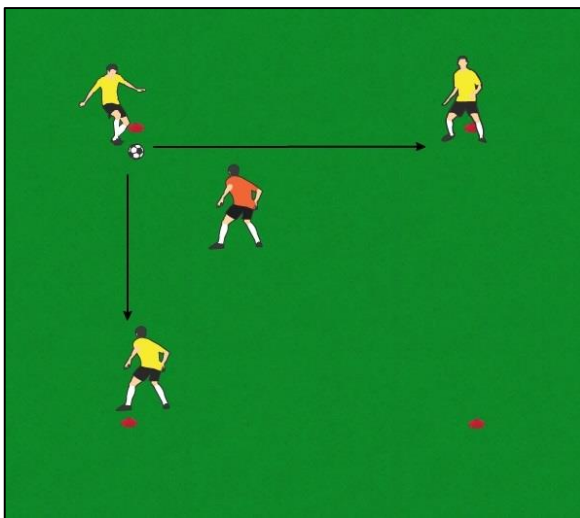
Make the square bigger if it is too difficult for the players to make passes.

Encouraging quick passing & good technique.

Progression from beginning activity

PASS THE PARCEL

Middle activity



Coaching cues

"Run to the empty cone"

"Quick passes"

"Pass in front of the next player"

"Touch with your left, pass with your right"