

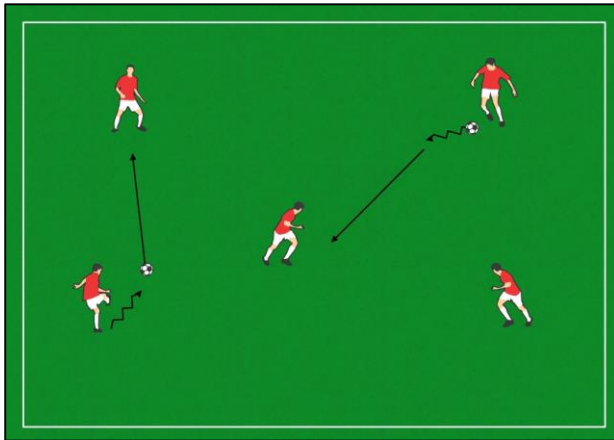


Core skill: Striking the ball

Difficulty level ★★☆☆

PASS AND MOVE

Middle activity



This activity requires half of the players with a ball and half without.

The players with the balls start by dribbling, while the other players move freely around the area.

When the ball carriers see another player ready to receive the ball, they pass to them, then move to another part of the area. When a player receives the ball, they dribble until they can see another player who is ready to receive the ball.

Progression: Introduce a tagger who tags the players without a ball, players cannot have the ball for more than 5-10 seconds to avoid getting tagged.

Set up: In an area approximately 15m by 15m depending on the ability of your players.