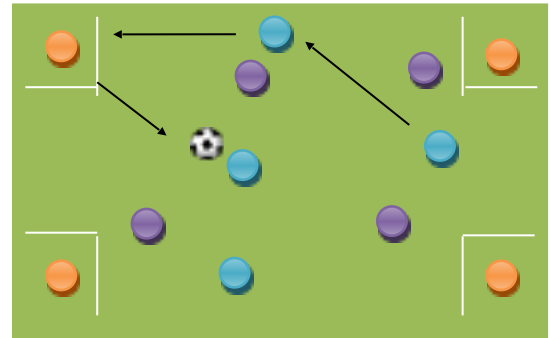


Topic

Passing / Movement / Support

- ◇ Players 1
- ◇ Bibs 8
- ◇ Cones 12
- ◇ Balls 10



- ◇ Area:30x40

Grid size 30 x 40 yards.

Play 4 v 4 in the middle, plus 4 target players, restricted to minimal movement placed in the grid area, 8 yards in from the corners of the grid.

Both teams can pass to target players (Orange). When target players receive ball they must pass back to team they received the ball from. Score for completion of agreed number of successful passes. Rotate teams regularly.

Objectives – Passing, movement, support and switch play.

Variations:

1. Target player's one touch, teams two touches.
2. Target players can play to each other without playing to a team member.
3. Put Target players to outside of grid.
4. Split target players to two to each team and put them on the diagonal.
5. Players can play to all target players but must rotate with team target players.