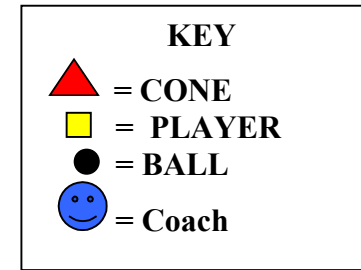
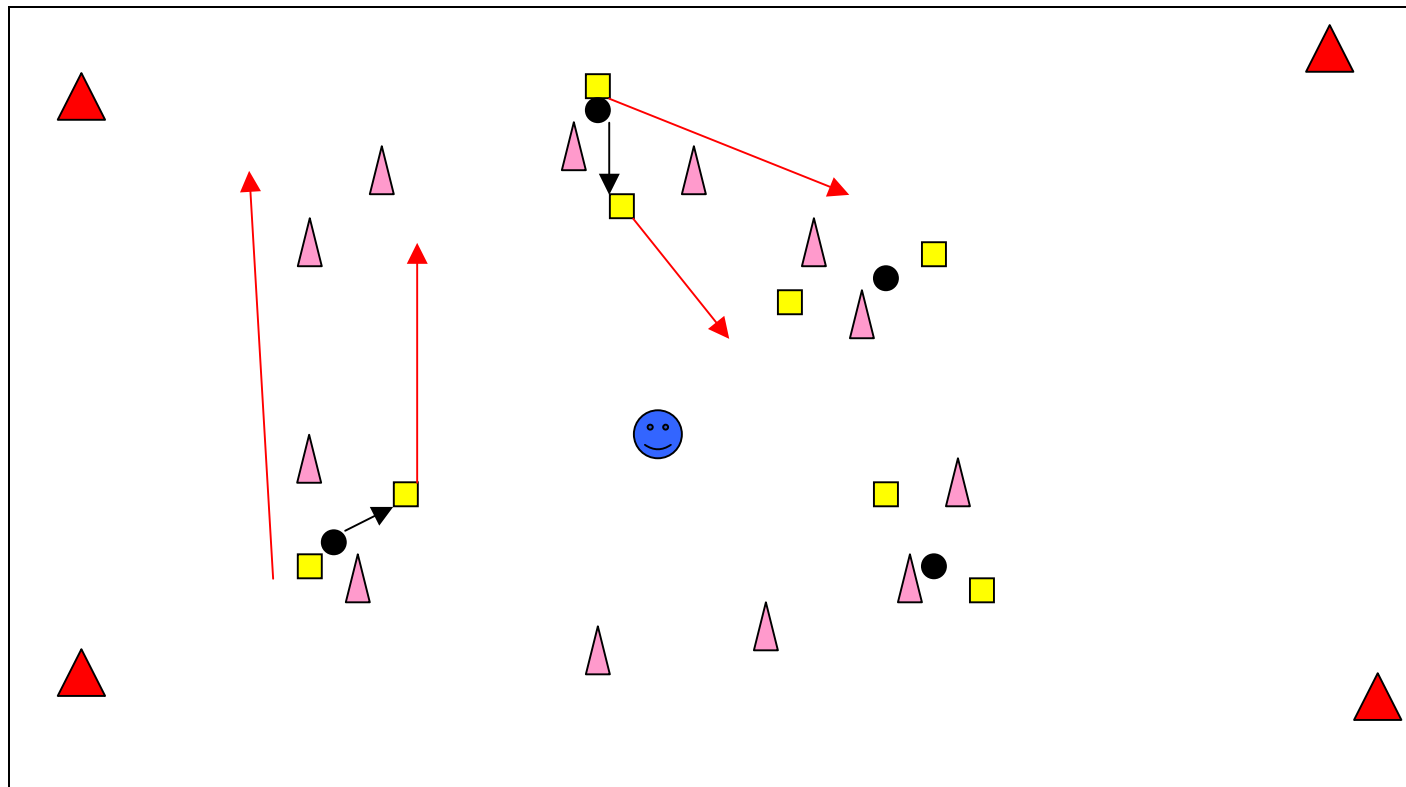


SESSION NINE



ROUND AND ROUND WE GO



SESSION NINE

Instructions

1. Set up a large circle of cone gates (about 8) as shown in the diagram
2. Divide the players into pairs with a ball between two and position them between a cone gate (see diagram)
3. On the coaches signal player A passes the ball to player B through the cone gate and both players then travel **CLOCKWISE** to the next gate and continue the drill

Drill Progression

1. Increase / Decrease the number and size of the gates
2. Increase the speed of the drill.

Coaching Points

1. Communication on Passing and Receiving
2. Use the side of the foot initially and progress to passing with the instep at speed

Equipment

1. 12-16 Cones
2. 6 Balls