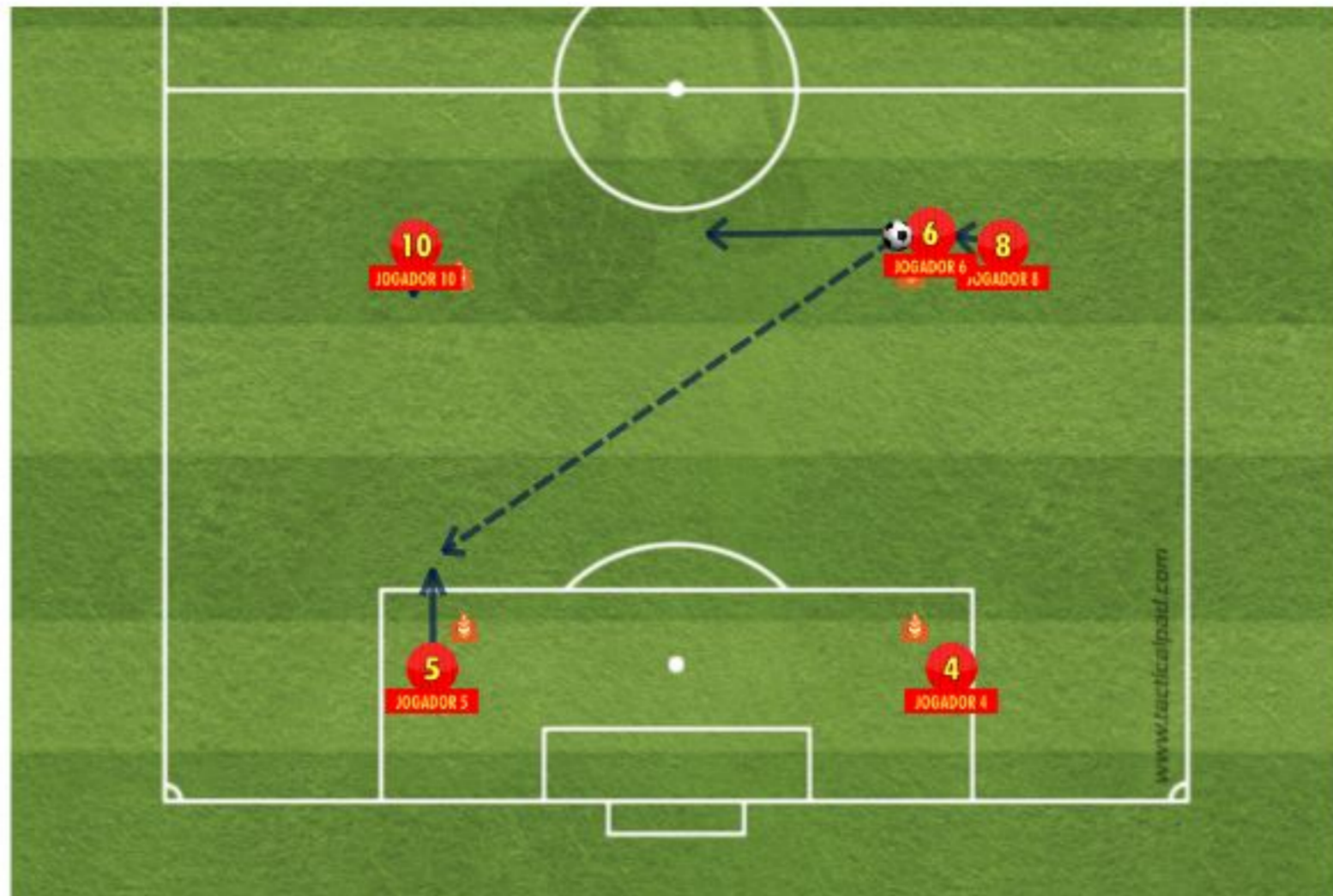




# PASS AND MOVE



## OBJECTIVE:

Develop diagonal passing and ball control.

## ORGANIZATION:

15m square area

## DESCRIPTION:

Execute the passes keeping the ball close to the pitch and using only 1-touch. Player n. 6 passes to n. 5 who passes to 10. 10 passes to 4 who passes to 5 and so on ('3rd man dynamics': alternate between far and near pass). Keep close control with the interior of the foot and maintain balance and technique through the exercise.

## KEY POINTS:

Ball close to the pitch  
Good control & passing  
No interruption