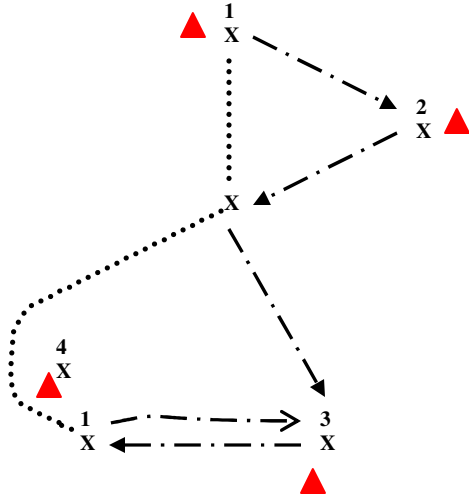


Run	Dribble	Pass
.....	~~~~~▶	- - -▶

**Practice (Offense)**

Passing Combinations:

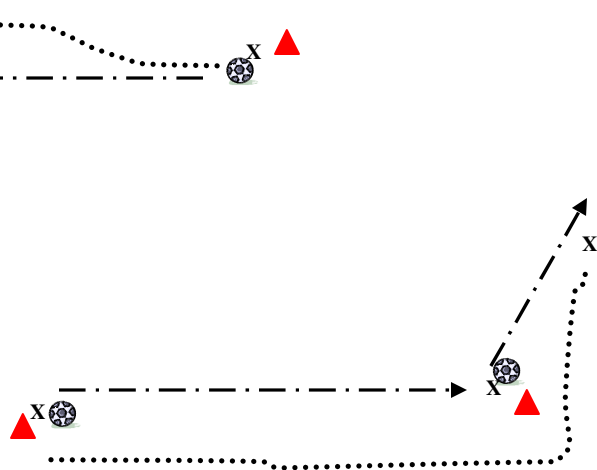


Short pass Long pass

Action: Player# 1 passes to player #2 who one touches back in the space in front of player# 1 . Player # 1 Dribbles forward a bit then makes a long pass to player # 3 who holds the ball until player # 1 run's behind player # 4, player # 3 passes the ball to incoming player # 1 then player # 1 passes one touch back and we start all over again. Player # 2 and #4 are stationary.

*Over lapping Runs*

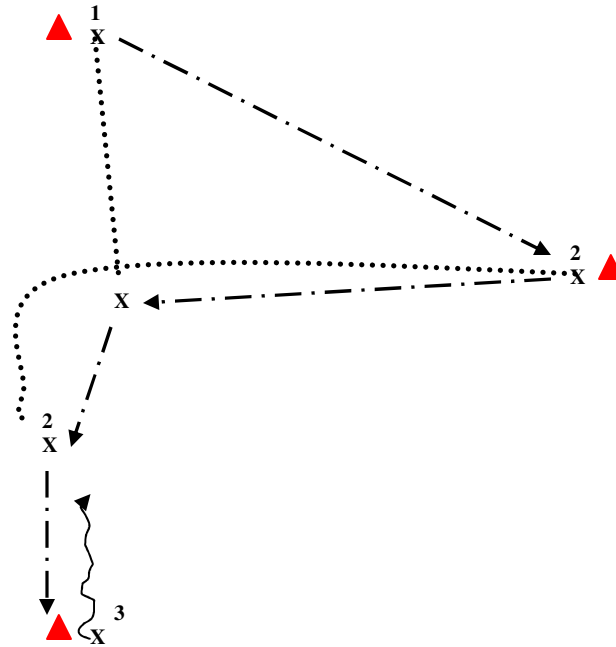
Grid 20 x 20 yards



**Action:**

Four players with two ball's at opposite ends of the grid, on your command the player with the ball passes forward to the players in front of them, then they make an over lapping run behind the player with the ball who would play the ball into the space in front of the on coming runner.

Combination of the skill's:



**Action:**

Player #1 passes to #2 who play's the ball into space of player #1 . Player #1 holds the ball while player #2 makes an overlapping run behind player # 1. Player # 1 passes into the space in front of player@ 2 then passes to player # 3 who passes one touch back to player # 2 and both run toward each other for player # 3 calls for take over.

Player # 3 dribbles at the top cone

Player # 1 goes to second cone

Player # 2 goes to third cone and we do it all over again.

## Take Over:

### **Action:**

Player with the ball passes forward and runs to meet the on coming player with the ball when they get close enough the player with out the ball calls for a take over at that moment the player with the ball leaves the ball for the other player who dribbles away.

### ***Coaching points:***

***Player with the ball does not pass the ball but rather leaves it. Also the player must use the correct foot to leave the ball if on coming player running toward the left side the ball must be on the outside of the left foot if the ball inside of the foot the player with the ball has to sep away not smooth or if the is on the opposite foot.***

Three Players  
Grid 15 yards

