

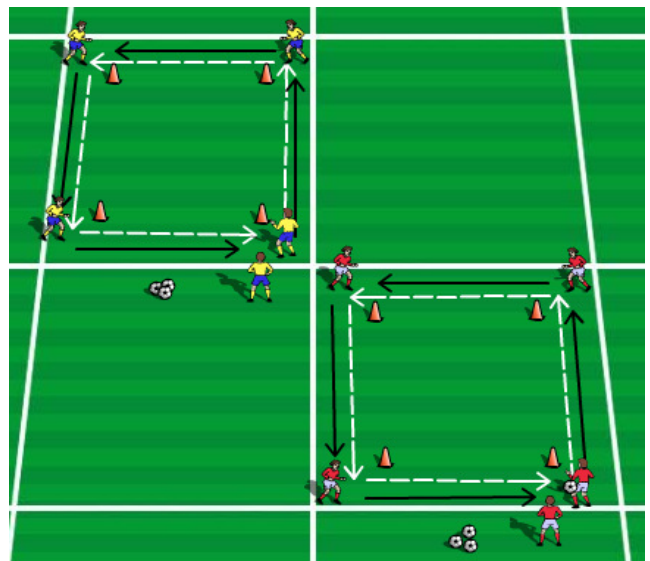
### Theme: Passing & Control Introductory Activities

#### Passing - Ajax

**Set Up:** 2 Boxes 12 – 15 steps square, 1 group per box.  
1 Player at each corner 2 or more Player at starting point – ensure supply of footballs.

**Objective:** Players pass around the square and follow pass. Receiving Player moves to receive pass, passing Player supports the pass.

**Progression:** 1 -2's, 1 touch, Speed Passing etc.



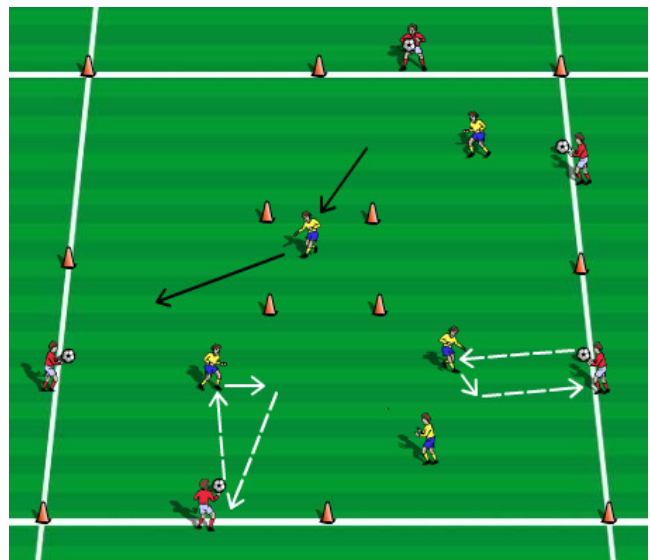
#### Passing/Control Windows

**Set Up:** Large outer box approx 25 x 25 and a smaller inner box approx 5 x 5 – Players split in 2's.

**Objective:** Player 1 takes the ball and stands in a window i.e. between 2 cones. Player 2 receives a pass from partner and moves around the area receiving and returning passes. After set period change

**Progression:** Vary length of pass as well as condition surface.

**Note:** This exercise can be used to focus on control, condition to 2 touch and vary controlling surface i.e. thigh control and pass.



#### Controlling Surfaces

**Set up:** 2 lines of Players one with ball and one without facing.

**Objective:** Players in red move backwards across the field, Yellow Player move in relation and feeds pass for a controlled return i.e. foot, thigh, head, 2 touch etc. Change after set period or distance.

**Progression:** Feeding Players now moving backwards. Feeder alters distance or angle as ball is thrown.

