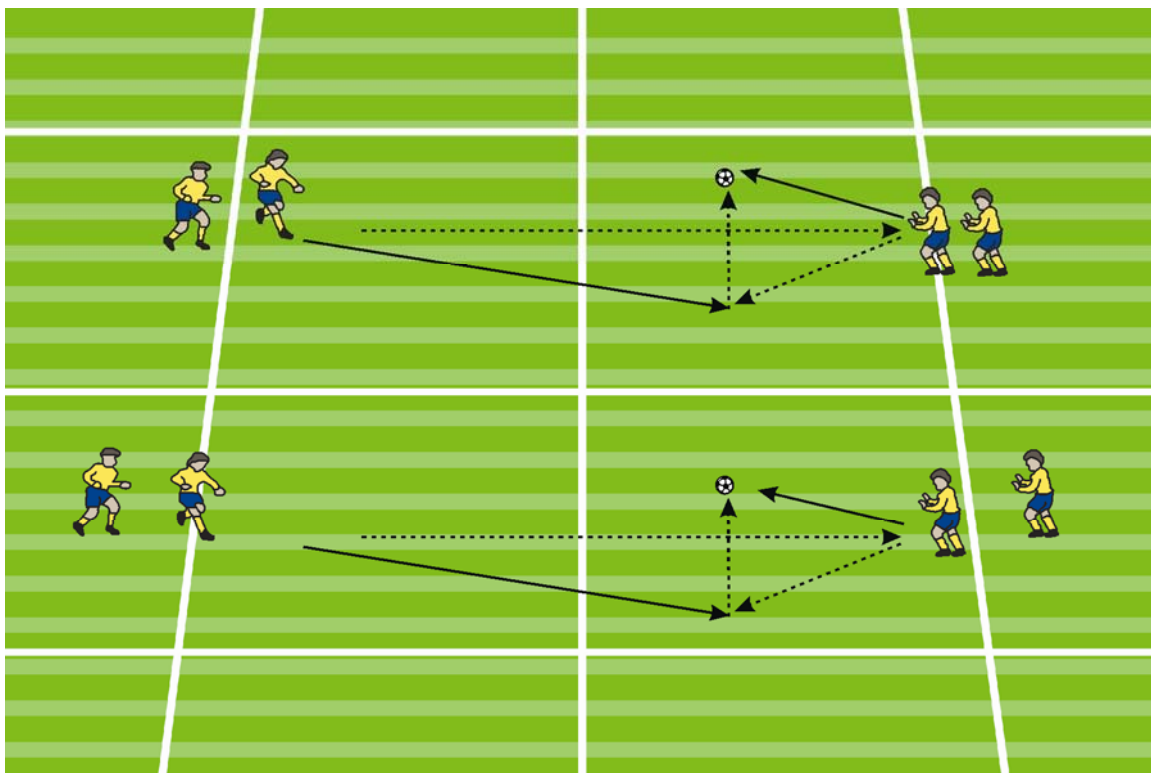


Pass, Follow - Give & Go



Organization:

Divide the players into groups of 4 - 6, with players at each end of a 15 yard grid. The first player in line passes firmly with the inside of the foot to the next player in line and follows their pass with a supporting run to the side of the player they passed to.

Progression:

1. The receiver controls the ball with the inside of their foot and then makes a short pass to side where the original passer is now running towards. The passer returns the ball (give & go) in the path of the now advancing receiver.
2. As before, with the supporting run and pass being made on the other side of the receiver.
3. As before, however now the pass is made by the receiver with their first touch.

Coaching Points:

Look up at the target and then back at the ball as you make the long pass.

Use the pace of the incoming pass as you block the ball 2-3 yards to the side.

Call for the ball as you make the supporting run.

Play the return pass ahead of your teammate so that they do not have to break stride.