



Thru the Legs

Level: Warm Up with Ball

Objective: Passing technique and accuracy.

Organisation

Set out a 30x20 playing area in teams of 3 players.

Each team has 1 ball.

Players stand 5 yards away from each other in a straight line. Use cones to mark out where each person should stand.

Players try to pass the ball through the middle players legs to the players at the other end.

Each time they are successful they receive a goal.

After 3 minutes switch the person in the middle and repeat the exercise so that each player has a turn in the middle.

Progression:

Progress by increasing the distance between players. Add a competition by the first team to make 10 passes.

Coaching Points:

1: Approach to the ball - Line up with where the ball is going.

2: Inside push pass.

3: Inside push pass - make L shape with non-kicking foot being right up next to the ball and kicking foot coming through.

4: Follow through on pass and use body to generate power.

5: Focus on weight and accuracy of pass, both are very important.

