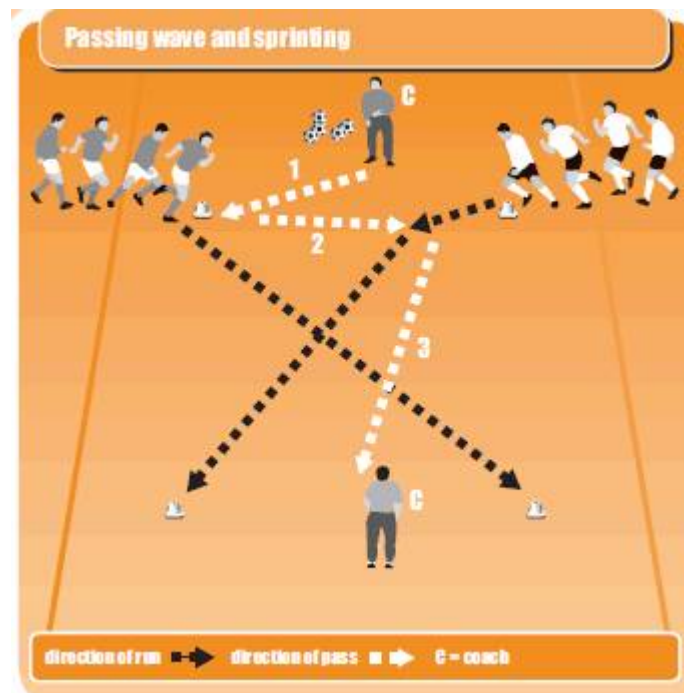


Passing wave and sprinting

I like doing fast passing exercises to get the team concentrating on keeping the ball which is an ideal skill to teach indoors.

Once I have done some general warming-up exercises – the indoor arena is great for wall games – I like to use this exercise which is simple in execution but means players have to think about where to pass and run.



- Set this up in an area 40 yards by 15 yards.
- You will need two servers, some cones and a number of balls.
- The first coach passes to the group on his right (1). The player receiving must make a pass across to the other team (2) and then sprint diagonally to the cone.
- The opposite receiving player must have a touch and then play a long pass to the other coach (3) and then sprint diagonally to the cone.
- The practice continues until all the players are at the opposite cones.
- The second coach then restarts the exercise in the other direction.
- Therefore the players move up and down in a wave motion.