



Passing Channels

Skill – Catching and Passing

TYPE
Closed

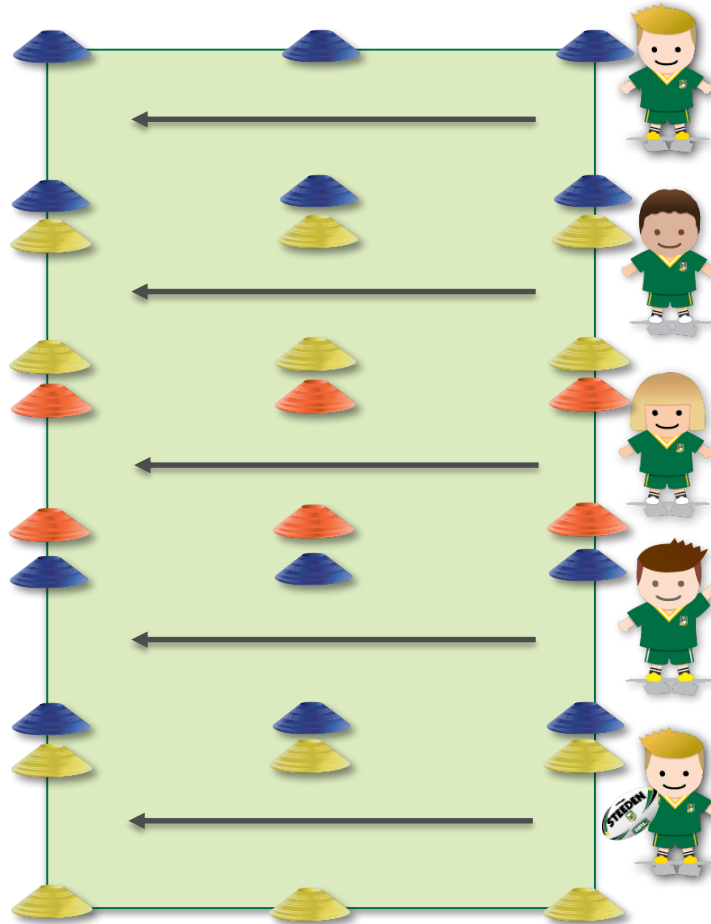
AGE
8+

Description

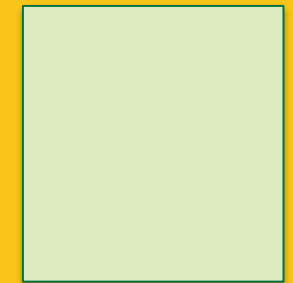
- » Have players line up in one line, facing up a channel with the ball at one end.
- » When the coach says “GO”, the line of players make their way along their channel, passing the ball along the line.
- » The ball should reach the other end of the line before the players reach the end of their channel.
- » Each player has to stay inside their own channel, encouraging them to run straight.

Progression

- » Only have one line for every second channel. This will make the pass longer.
- » Add defenders to one or more of the channels



Field Size (20m)



(20m)

Players



x (4 – 6) Per Group

Equipment



x (30) Markers



Whistle



x (1) Football Per Group



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