

FOOTBALL SKILLS

BASE NO: 2

BASE NAME: 'Hand Passing Circuit'

OBJECTIVE: To practice hand passing the ball while moving.

BASE SETUP:



BASE INSTRUCTIONS: Start the base by demonstrating the hand Pass

- Players line up behind the first cone. Make sure each has a football
- First player jogs out, hand passes the ball to the mentor who passes it back. Player runs on around the cones and does the same again when he sees the next mentor.
- Players complete the circuit by running around the last cone and getting back in line to go again.

VARIATIONS:

- First mentor receives the pass, but rolls the ball along the ground ahead of the player instead of passing it back.
- Players start with no ball – run out and receive ball from 1st mentor and hand-pass to 2nd mentor.

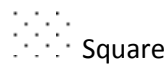
LEGEND:



Cone



Hoop



Square



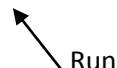
Mentor



Football



Kick



Run



Run around Cone