



Practice Plan Grades 1 & 2

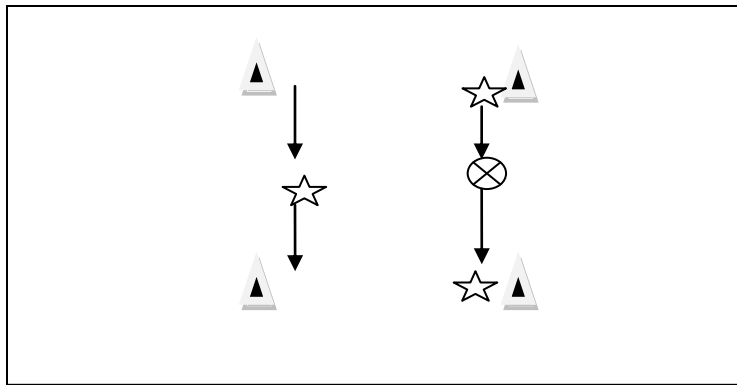
Square

Passing

2

Set Up

- Set up cones in a square approx. ten yds apart.
- Place a player on three of the cones.
- Start with one player having a ball.
- Player passes to a player adjacent to them (not diagonal).
- Player on cone not passed to must slid down to the next cone.



Coaching Points

- Strike ball with inside of foot.
- Keep ankle locked in L position when passing.
- Move to open cone quickly.

Progression

- Add one minute time limit and count passes.
- Challenge players to beat their score.