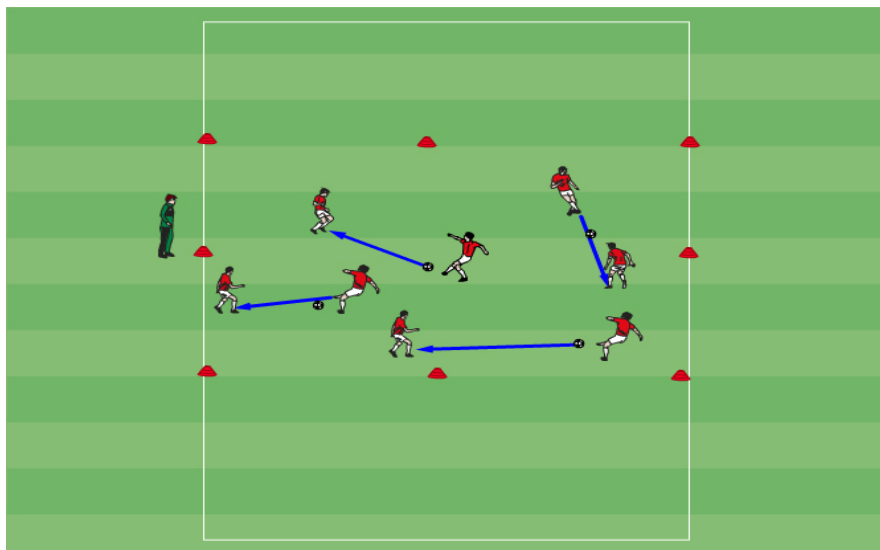





TRAINING EXERCISE

Paint The Field-Passing



 **Passing and Receiving**
Flexibility & Mobility
Reaction
Perception & Awareness

 **U5 to U8**

 **2 to 12 Players**

 **Cones, ball for every 2-3 players**

 **Intensity: Low**

 **00:08 min**
(4 x 01:00 min, 01:00 min rest)

Objective

To develop ground passing accuracy
To develop redirecting the ball (Take it somewhere new)
Mobility

Description

Two-three players share one ball. Create a playing area with cones. Tell the players that the ball is a "paint brush" and they need to paint as much as the playing area as possible with passes on the ground to their teammate(s).

Key Points

Keep passes on the ground. When receiving a pass, redirect the ball and take it somewhere new.