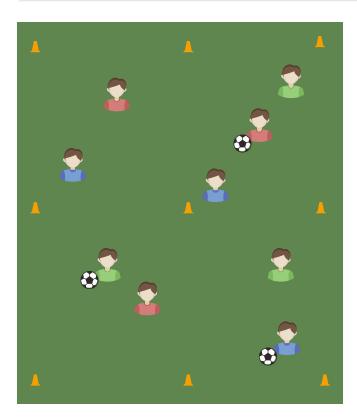
Color Passing U10+

Phase: Session 2 Intensity: Low-Medium

Intervals: N/A Recovery Time: N/A

Coaching Points:

Accurate passing. Environment awareness



Instructions:

- 1. Divide up your team into 3 colors.
- 2. Use 3 balls
- 3. Start by allowing them free range to pass to whoever, wherever standing still
- 4. Pass to someone and move into that box
- 5. Go back to standing still for recovery but passes must be a chip to the next box.
- 6. Go green, red, blue. Green passes to red, red passes to blue, blue passes to green
- 7. Go 1 touch