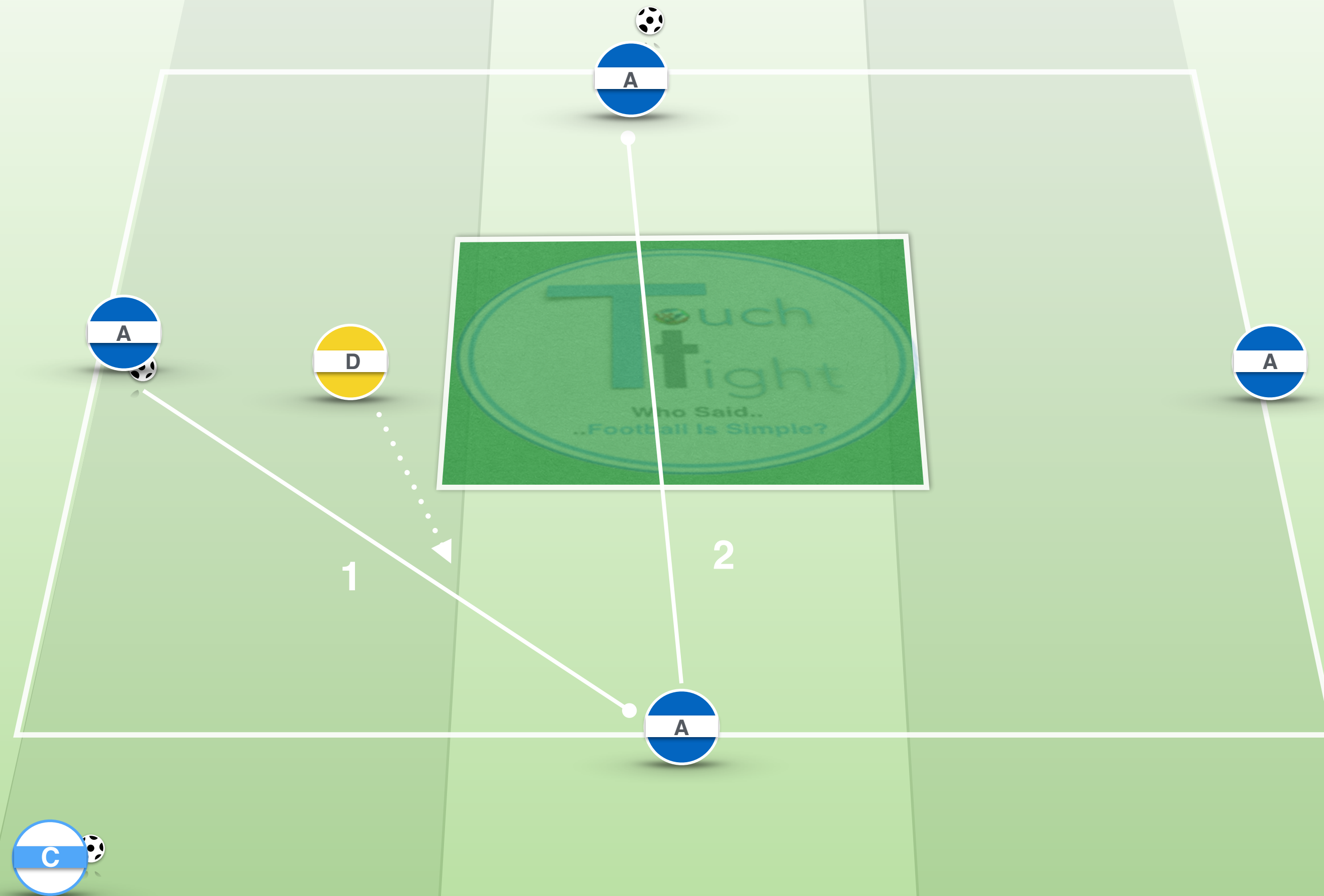


Penetration Passing



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Set Up / Organisation

5 players, 10 x 10 Yards, 1 Ball, 1 Bib and cones and flat discs if available. This practice is designed to develop players penetration passing when gaps appear on the movement of the ball and opposition player

Key Points

4 Players on each edge of the square to keep possession against 1 defender. Central area 3 x 3 Yards for players to pass through, DF cannot enter the area. **Key Points:** Weight of pass, movement off the ball (distances and angles), awareness of space created to play through