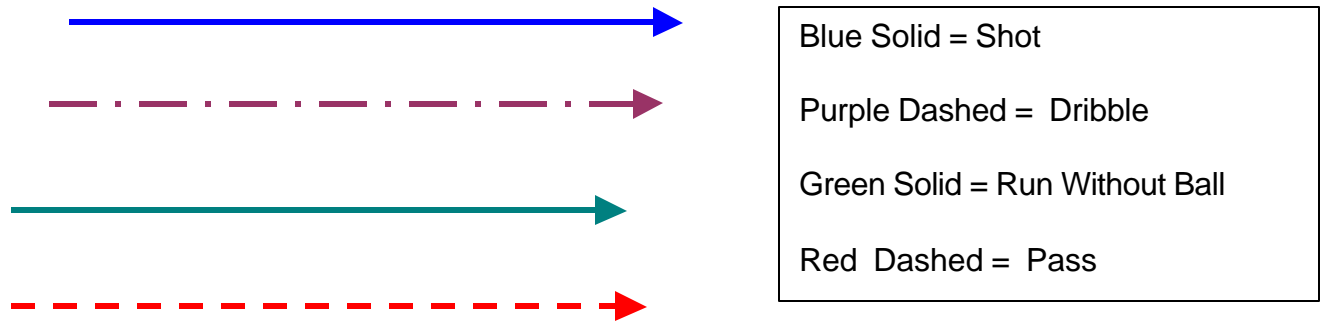


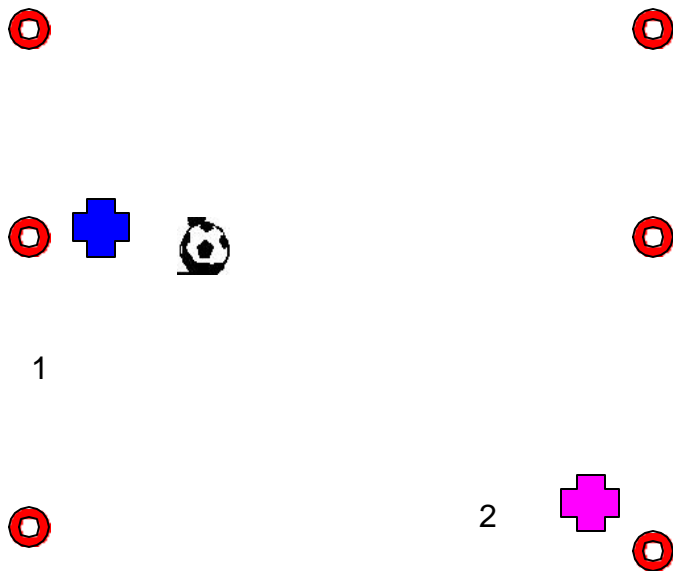
This exercise is a simple build up to the more complex Quad tri , Pass and Move exercise. It was suggested to me by Ivan Mann who used it successfully with his Under 10 team prior to moving them on to a QT

The following convention is made.



### Set Up

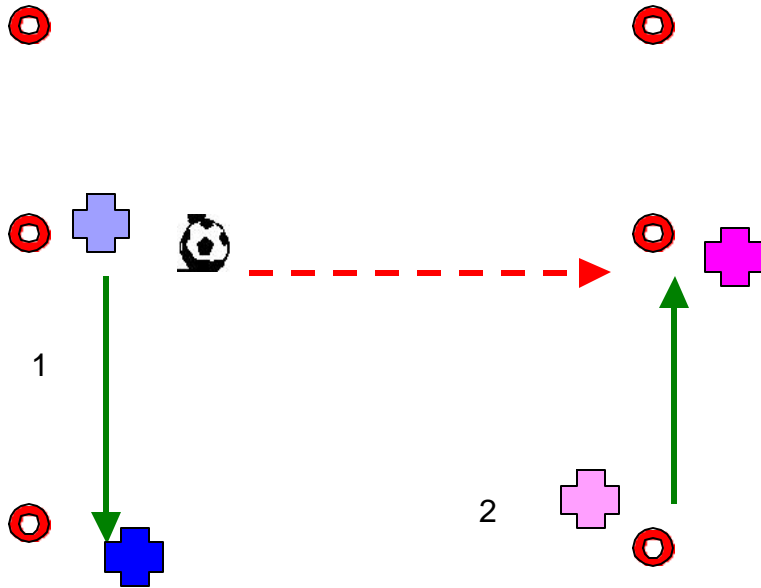
Place six (6) cones as shown, Player 1 has the ball and player 2 is free.



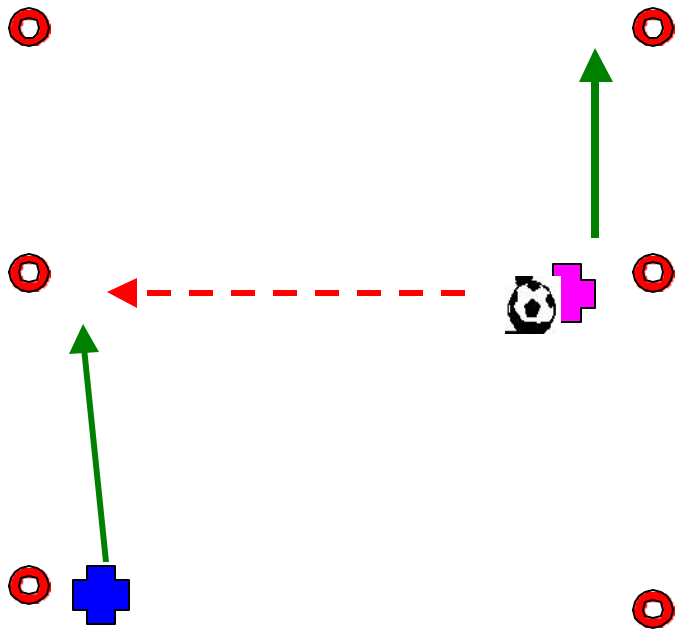
### Execution

Now, Player 1 passes to the cone as shown as Player 2 runs toward

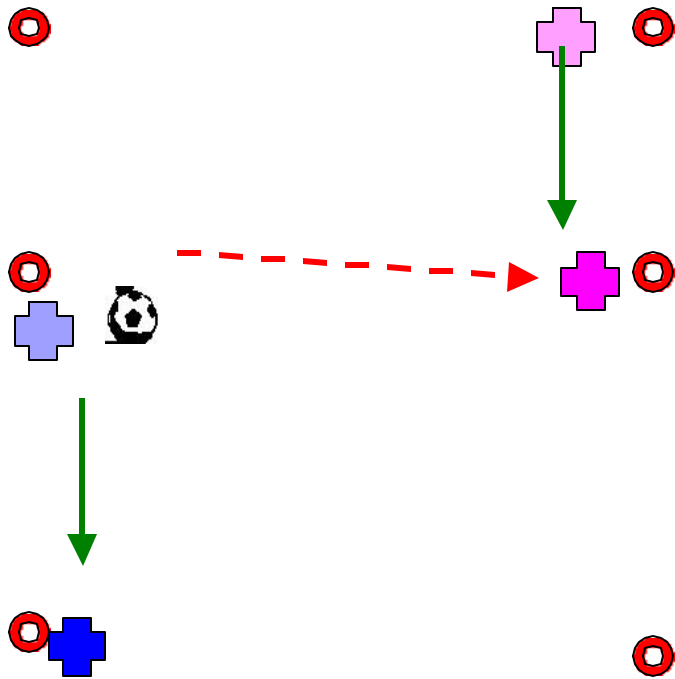
Player one then turns and runs back to the far cone runs back to a far cone.



Now, Player 2 passes to the cone as shown and then runs to the other cone on his side, while 1 moves back to the front cone in his area:



The sequence then repeats going in the opposite direction



### Coaching Points

- Passes must be done with the proper weight, leading the player but not too hard so that the ball is unreachable
- Once pass is made, don't watch it, move to the next cone