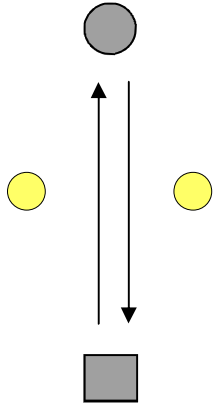
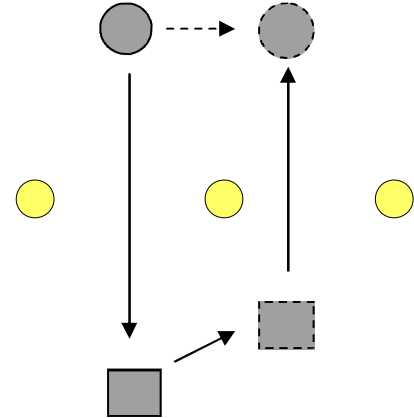


# Passing In Pairs



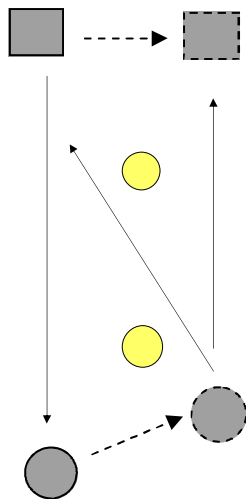
## Practice 1

Passing through the markers, players start by using the inside of their feet to control and pass the ball, then progress to controlling ball across their body with one foot and pass it back with the other. The players can then work on using the outside of the foot to control the ball and pass with the inside of the same foot. Try to make sure players are working equally with both feet.



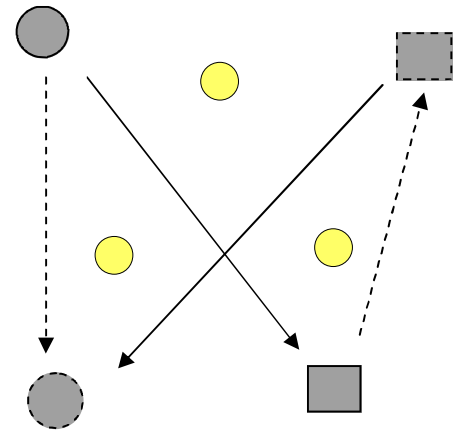
## Practice 3

With this practice when the players receive the ball they look to control it with either the inside or outside of the foot, taking it away at an angle before passing to their partner. Both players are looking to move the ball and play up between the next two markers. Players should use both feet on this practice.



## Practice 2

Similar to the previous practice, players now are facing the ends of the markers, once the player controls the ball they are looking to pass either up the side of, or through the middle of the markers. Players should be looking to use both feet and inside and outside of the feet.



## Practice 4

Players work with markers set up in a triangle. This practice helps to get players moving as well as passing and controlling the ball. Once a player has taken the ball away at an angle, the other player needs to adjust their position.