**Skill(s) to focus on in Activity/Drill: Name of Drill - Kick, catch, pass,**

* Drill that covers a number of key skills
* Kick, catch, support run, pass, movement
* Require accuracy and concentration





**Description of Skill Activity**

* 1 Ball, 6 players per drill, 4 cones in a straight line, approx. 10m apart
* 2 players on A, 1 on B, 1 on C, 2 on D
* Player A starts with the ball, kick passes to C, and runs to position B
* C catches the pass. At same time player B is running towards D.
* C passes ball to B, B runs towards D and passes to player there.
* NOW SAME THING IN REVERSE
* D kick passes to position B, jogs to position C
* Player at B catches. At same time player at position C is running towards A
* Player at B lays off a pass to the runner, who carries the balls to position A

**Things to note and make players aware of:**

* Concentration is key, after every “play” you need to think about your next move
* Accuracy – if the kick pass is bad, the drill breaks down
* Timing of the support run. The middle pass (C to B, B to C) needs to be taken at speed
* Explain how is applies in match scenario. (eg A is half back, play Kick pass to C who is a half forward, B is a midfielder who make the support run to carry the ball into the full forward line)
* **Variations and Progressions of Drill:**
* Increase the distance between cones
* Support runners need to vary sides of their run, passing/receiving off both sides
* Get two (or more) lines beside each other, have a race to see who moves the ball the fastest, but in control.