**Skill(s) to focus on in Activity/Drill: Name of Drill : Pass and Move**

* Passing Drill
* Passing and receiving at speed
* Passing and receiving at right angles



**Description of Skill Activity**

* 1 Ball, 10+ players per drill, 8 cones laid out as above, approx. 15m apart
* At least 1 play on each cone, preferably 2
* Players only need to run in straight lines (blue to green, green to blue, red to sky blue, sky blue to red)
* Players need to work in pairs, based on the colours above
* Initially A & B will run to G & H, C & D will run to E & F
* A starts with the ball, run towards H, passes to C who is running towards E
* C passes to B, who is running towards G. B passes to D to is running towards F.
* A & B should now be at G & H, C & D should be at E & F. The ball should be at F.
* Repeat the drill with E & F running with G & H. (F to G to E to H, with ball finishing back at A)

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

* Concentration is key, after every “play” you need to think about your next move
* Timing of the run is key. You want to pass/receive on the run.
* One of each of the pairs need to stagger their run
* Short, sharp passing. No long loopy ones!
* Good drill for close quarter passing in tight situations
* **Variations and Progressions of Drill:**
* Set a time target, no dropped passes
* Group forfeit for each dropped pass (push up, burpie etc)