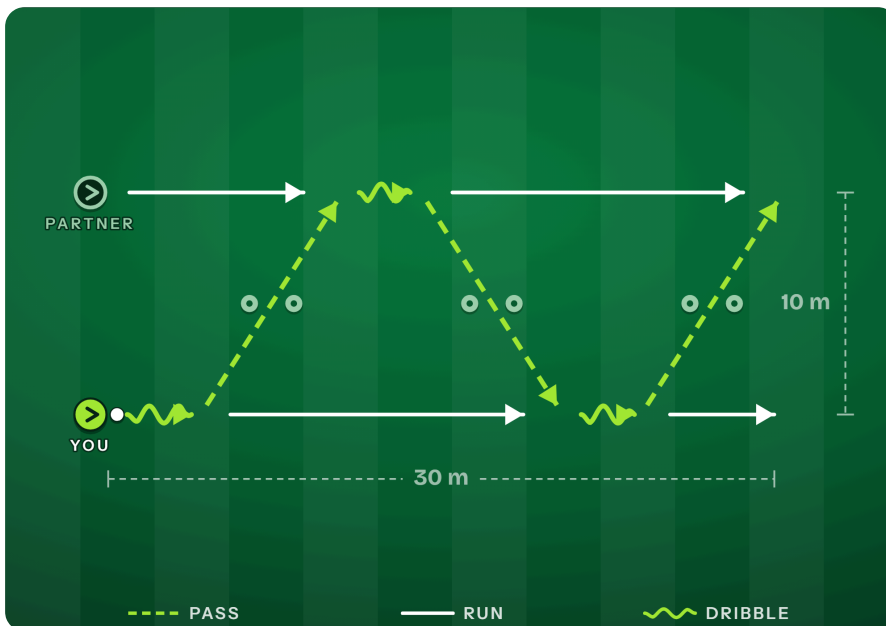




Set up

A partner and a ball

3 gates, 2 m wide

30 m lane

10 m apart

Dose

6 lengths, walk back

Swap sides each length

6 lengths of 30 m, walking back between lengths and swapping sides each time (the Football Reach target, not an FA rule).

What it trains

Pass forward while running with the ball, without breaking stride. England Football Learning: passing with the front foot works well when travelling with the ball, and lets you pass forward without breaking stride, so the move keeps flowing.

How it works

- 1 Warm up first. On flat grass, mark a 30 m lane. Down its middle line, set 3 gates of 2 cones, each 2 m wide, about 10 m apart, the first about 7 m from the start. Use a size 5 ball.
- 2 Start level with your partner, one on each side of the gates, 10 m apart. You have the ball.
- 3 Run with the ball and pass it forward through the first gate, into the space ahead of your partner, without slowing down.
- 4 They take one touch forward in their stride and pass it back through the next gate, ahead of you. Keep going to the end of the lane.
- 5 Walk back to the start as your rest, swap sides and go again: 6 lengths in all.

Coaching points

- 1 **Into the space ahead**
Pass into the space a step or two ahead of your partner, so they run onto it at full speed instead of waiting for it. Time the pass with their run.
- 2 **Keep your running speed**
Keep your running speed through the pass: no stop and no extra touch to set it up. Play it off your front foot in your stride, toes pointing down and ankle firm, with barely any back-lift.

× **Not this:** Stopping, or taking an extra touch, to set the pass up. Your partner has to slow down and wait for the ball, and the move loses its flow.

HARDER

Only one touch before each pass, so every pass is played on the move. Then raise your running speed.

EASIER

Jog instead of running, and use a 20 m lane with 2 gates until the timing feels natural.

Safety

- Warm up first. Flat, dry grass with room to slow down past the end, never a road or a driveway.
- Keep the lane clear of other groups. Passes along the ground only, nothing lifted into the air.
- Stop if anything hurts, and tell your coach or a parent.
- Warm up first. Stop if anything hurts and tell an adult.

Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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MY NOTES