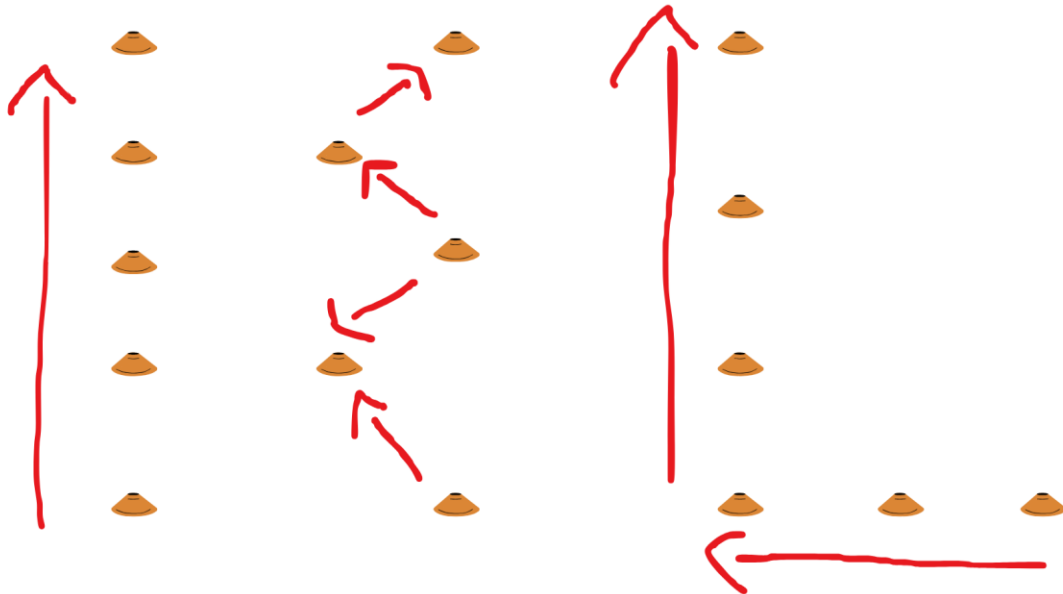


Centipede Passing



Purpose; Dribble/ Foot Trap/ Lace Kick

Equipment; Colored Spots, Cones,

Set Up; Create 3 types of line patterns. The picture above are 3 for an examples but feel free to use any you can think of (The Crazier the better).

Exceution;

- Can have kids line up in their teams behind each line and complete them together or have different teams behind them
- Players fine a spot/cone
- First player Starts in the back of the line with the ball
- 1st player will pass it to the team mate Infront of them and will move into their spot
- The Teammate that the pass is passed to must foot trap it and then quickly pass it to the next person.

- Repeat process until the ball is at the very end.
- Once ball has reached the end, last player will run/ dribble the ball until the start of the line and repeat the process until everyone has started back in their original spot
- Move over to the next line once everyone has completed it