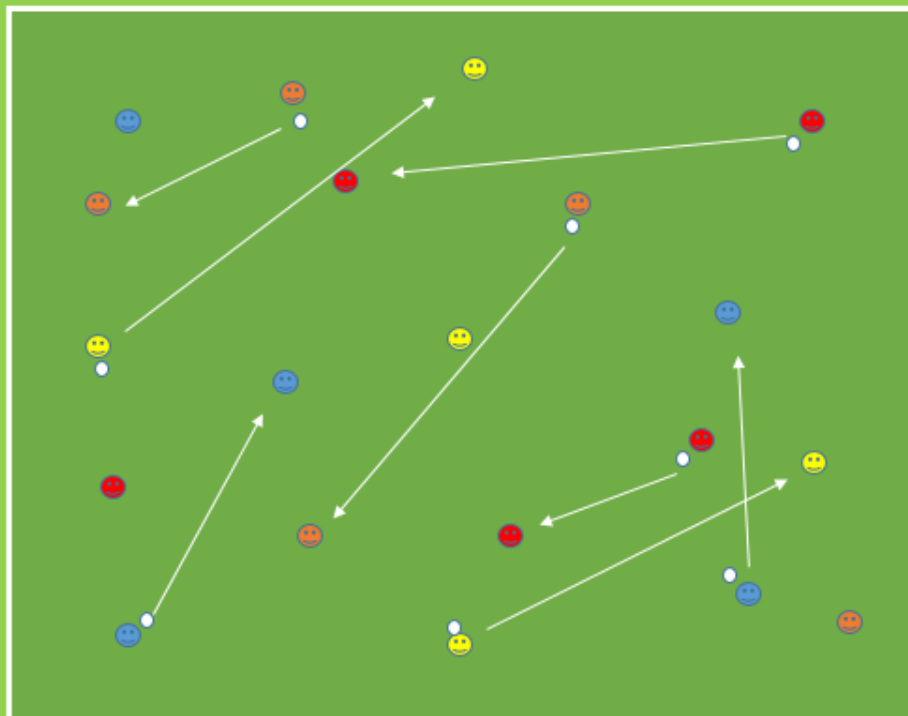


## Scanning Warm Up:

@colmnally



4 teams of 5 players (red, yellow, blue, orange) with 2 balls per team, adjust the pitch size to suit age and ability. On the signal each team start passing both of their balls to each other within the pitch. To start with allow long and short passing from the foot and hand, players must move randomly around the pitch and are not permitted any touches on the ball (no solo or hop). Add the following changes for a set period of time i.e. 60 seconds.

- Long passes only
- Short passes only
- High ball delivery
- One bounce or better delivery
- $\frac{3}{4}$  pace running to show for delivery
- Players pointing where they want to receive the pass
- No calling for the pass, visual communication

**Progression:** Allow teams cut out passes, add a run out of the pitch before receiving next pass.

**Aims:** Players must scan and execute a pass based on the information the process.

