



Hand/Eye Coordination

Equipment required:

3 footballs (depending on number of players)

Aim:

Warm up drill to assist players catching & passing skills, along with improving their hand/eye coordination and communication skills.

Action:

4 players are positioned in a circle with 3 footballs. In sync, all players should pass one pass to their left, two passes to their right, three passes back to their left, four passes back to their right, and then 5 passes to the left. This is then replicated counting in reverse i.e., five passes to the right, four passes to the left, and so on.

Players are to focus on having their hands up to provide a target for their teammate and in order to catch the ball early so they can get a quick pass away. Players should not be readjusting their grip between catching the ball and then passing the ball.

Communication is essential as players need to count the number of passes and preempt when to change pass direction.