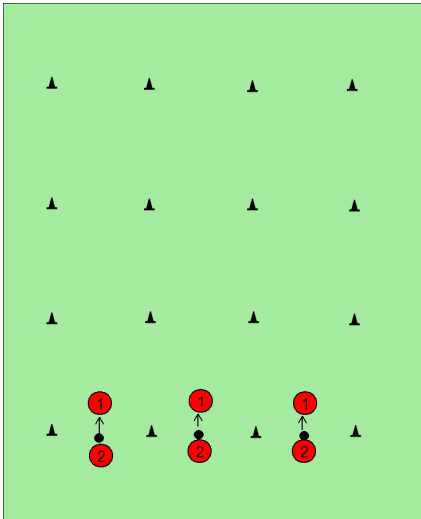




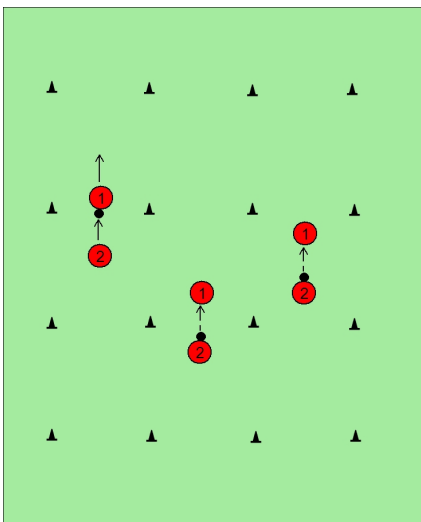
Quick touches



How it works

Players 1 and 2 stand facing each other, about 2/3 metres apart, at one end of the channel.

Player 2 starts by passing the ball to Player 1. Player 1 stops the ball for Player 2 to move forwards and then jogs backwards to receive another pass.



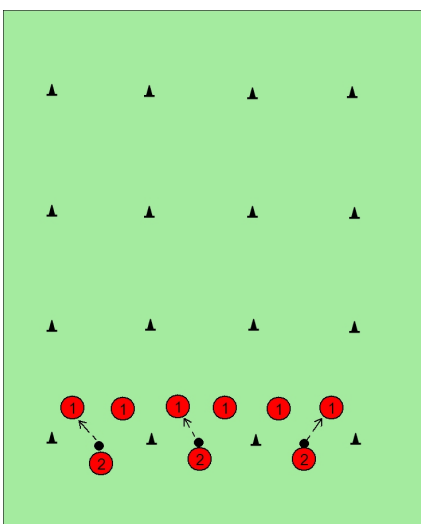
Both players make their way down the channel using first touch passes, Player 1 always moving backwards with a light touch on the ball for Player 2 to run onto.

Players reverse roles and repeat the same moving back down the channel in the opposite direction.

Possible changes

Player 2 holds the ball in their hands and feeds Player 1 to return with a header or side-foot volley.

Players could throw the ball to each other first as part of a warm-up.



Have two Player 1s and pass or feed to each player in turn as they move backwards down the channel.