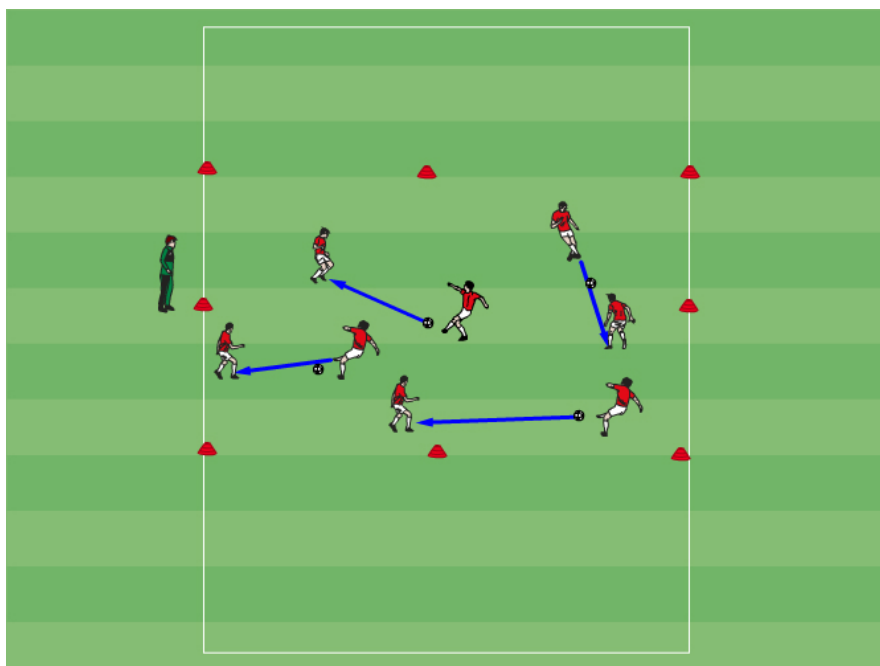




## TRAINING EXERCISE

### Paint The Field-Passing



Passing and Receiving  
Flexibility & Mobility  
Reaction  
Perception & Awareness

U5 to U8

12 Players

Cones, ball for every 2-3 players

Intensity: 3

00:08 min  
(4 x 01:00 min, 01:00 min rest)

#### Objective

To develop ground passing accuracy  
To develop redirecting the ball (Take it somewhere new)  
Mobility

#### Description

Two-three players share one ball. Create a playing area with cones. Tell the players that the ball is a "paint brush" and they need to paint as much as the playing area as possible with passes on the ground to their teammate(s).

#### Coaching Points

Keep passes on the ground.  
When receiving a pass, redirect the ball and take it somewhere new.