

Round Table

U8+

Phase: Session 2

Intensity: Low-Medium

Intervals: 1 minute

Recovery Time: 30 seconds - 1 minute

Coaching Points:

Quick soft touches, accuracy and side-to-side agility



Instructions:

Red player stays stationary, passes to an outside player, and prepares for return pass by turning their body to the right to quickly pass to the next outside player.

Enhance:

1. One touch

Volley:

Outside players each have a ball. Outside player tosses ball to inside player at knee height. Inside player uses instep to volley back. Inside player. Turn. Repeat.

