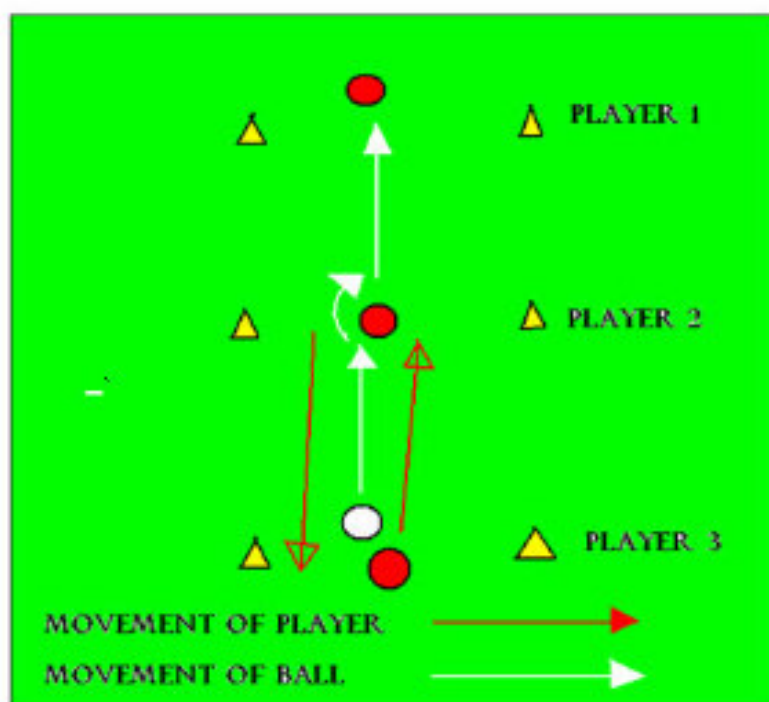


Little League Football Development

PLAN 4 - PASS, TURN AND MOVE



OFFICIAL PARTNER



THE EXERCISE

1. Player 3 passes to player 2
2. Player 2 turns with ball and passes to player 1.
3. Once player 3 has passed the ball, they will move to position 2.
4. Once ball is played player 2 moves to position 3.
5. Player 1 receives the ball and starts the sequence again but in reverse.

KEY COACHING POINTS

AIMS

KEY LEARNING OBJECTIVES