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Functional Work: Receiving at an angle and opening up at speed.

Players work in groups of 3 in a 10x10 yard square.

Player 2 works in the middle. Must receive the ball from Player 1 and then open up and pass to Player 3. Then do the again the other way.

Work 45 seconds each.

Both balls move at the same time.

Coaching Points:

- Body shape to receive
- Always at an angle
- Play 2 touch - one to receive, one to pass
- Take up a new position after the pass
- Awareness of other ball