

## **Middle Man**

Make a large circle with 6 cones. Have 6 players stand by a cone with a ball.

Have two players stand inside the circle without a ball.

The two middle players will jog around the inside of the circle and call for a ball using the teammates name. That teammate will pass them the ball and the middle player should pass it back.

First have the middle player trap the ball then pass. After a while the middle player should start passing the ball back with one touch.

Change out the middle player every few minutes.

### **Coaches point:**

Make sure the players pass with straight the their teammate. This can quickly receive the ball and



the ball on the ground way the middle player pass it back.

