



Position Specific - Dummy Half

Equipment Required:

2 cones and 1 football (depending on how many groups)

Aim:

Incorporating all prior learning regarding dummy half passing and putting those skills into practice.

Action:

Set up two cones about 5-6m away from each other on a slight diagonal with one player at each cone. One player will perform 10 dummy half passes to the other making sure they bend from the knees (not their back), generate the power from their top hand and use their bottom hand as a guide to where they want the ball to go.

The above is then replicated with a pass in the opposite direction. After this the other player that was receiving the passes swaps with the player passing the football and mirrors what he or she performed.