

The Abe Hexagonal



The Set-up:

Create a hexagon with 6 cones (or discs).
Cones should be approximately 3 yards apart.
1 ball, groups of 4.

The Exercise:

Stage 1: A plays to B, B plays directly back to A

Stage 2: A takes a lateral touch and slips a pass back to B.

Can we slip this pass back to B with the outside of our foot?

Stage 3: B passes the ball back through the window A had started the initial movement. A, who has moved quickly for the return pass after slipping the ball to B, plays directly to C (or D).

Stage 4: C plays to B, B returns to C

** Exercise continues along the same pattern.*

Focus on: Crisp passing, 1st touch to clear the space, movement off the ball, footwork, communication (Coach asked the player to call, “Again” when moving for the return pass) and speed of play

Note: To challenge the players, asked the various groups to keep score. Every time a full rotation occurred a point would be awarded.

Rotation: Every 90 seconds the player in the middle would rotate out.