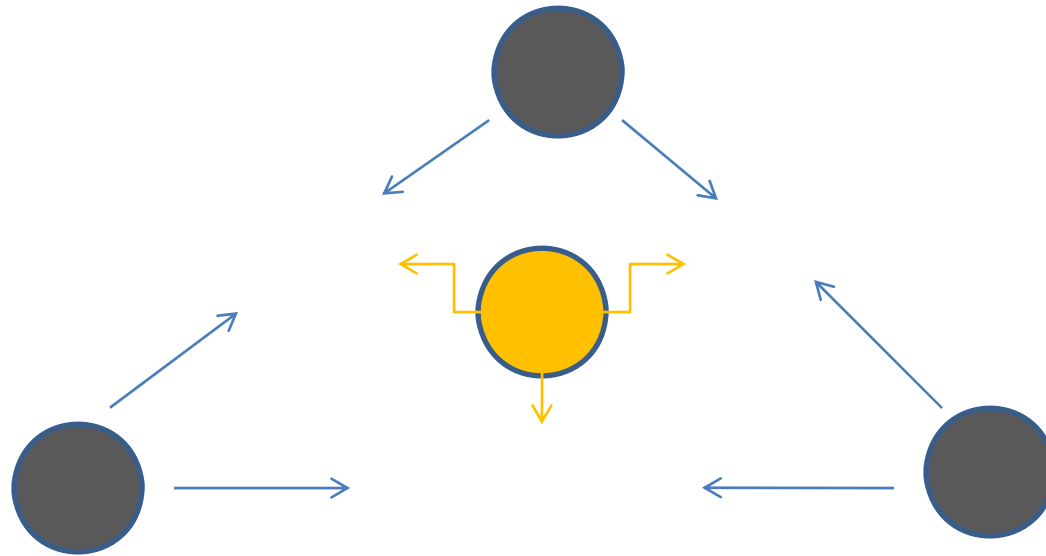


Monkey in the Middle

A fun passing drill that teaches younger players how to make quick decisions, move with the ball and develop a good first touch. Defenders work up a good sweat and learn not to over-commit.



1. Groups form a triangle with one monkey in the middle.
2. Triangle moves from one end of the field to the other, no dribbling only passing.
3. If the monkey gets the ball the triangle restarts; if the triangle makes it down the field the monkey position rotates to another player in the group.
4. To make this drill work, the players have to talk and move to space to receive a pass.