

Passing 3 Hornets Game

Grid is 20x20 area divided into 4 10x10 squares and is aimed at developing passing, supporting awareness and improving close control.

The objective for the team in poessession is to make 3 passes in a square before passing to a supporting player in another square.

The defending team are positoned in the middle with one player allowed to go and win the ball. If he/she wins the ball the defending team swap with the team who lost poessession.

Defending team always stay in the middle and change with each other when ball is played into another square.

Once three passes are made and a ball is played into another square his teammates immediatley move to support him/her in the square.

Coaching Points

Awareness and decision making

Accuracy of pass

Take good angles of support, making it difficult for defenders.

Improves close control

Defending

Run quickly to the ball (close space)

Take a sideways on position narrowing passing angles

Progression

Can you play two touch or one touch only