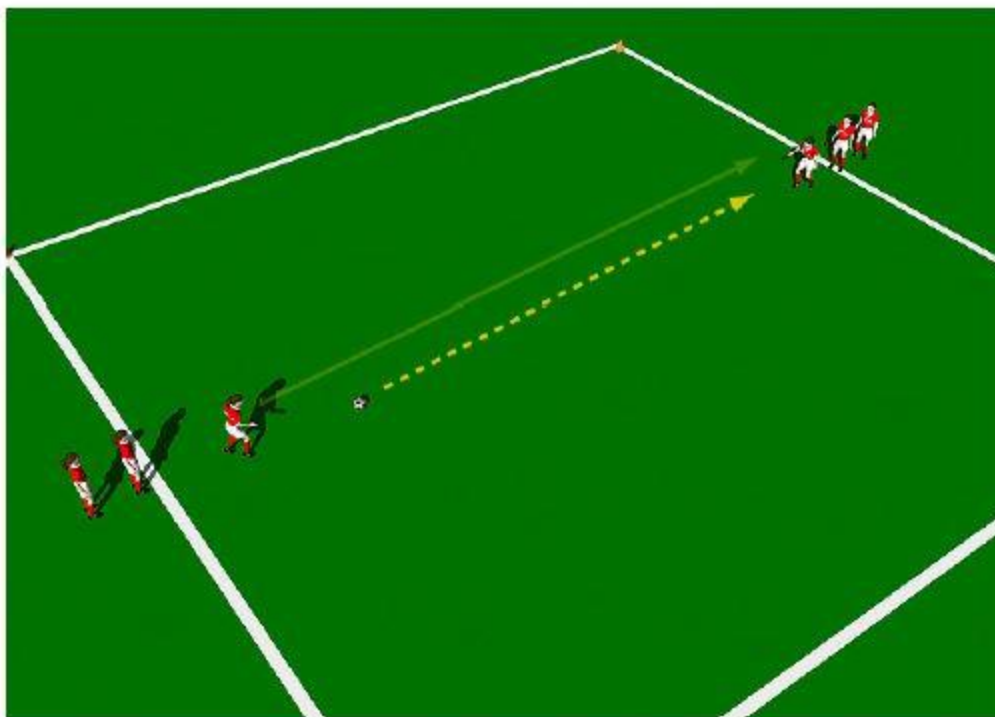


Pass and Run



Objective of the Practice:

This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass".

Field Preparation:

Area 10 x 10 yards. Small group of players. 1 ball. Cones.

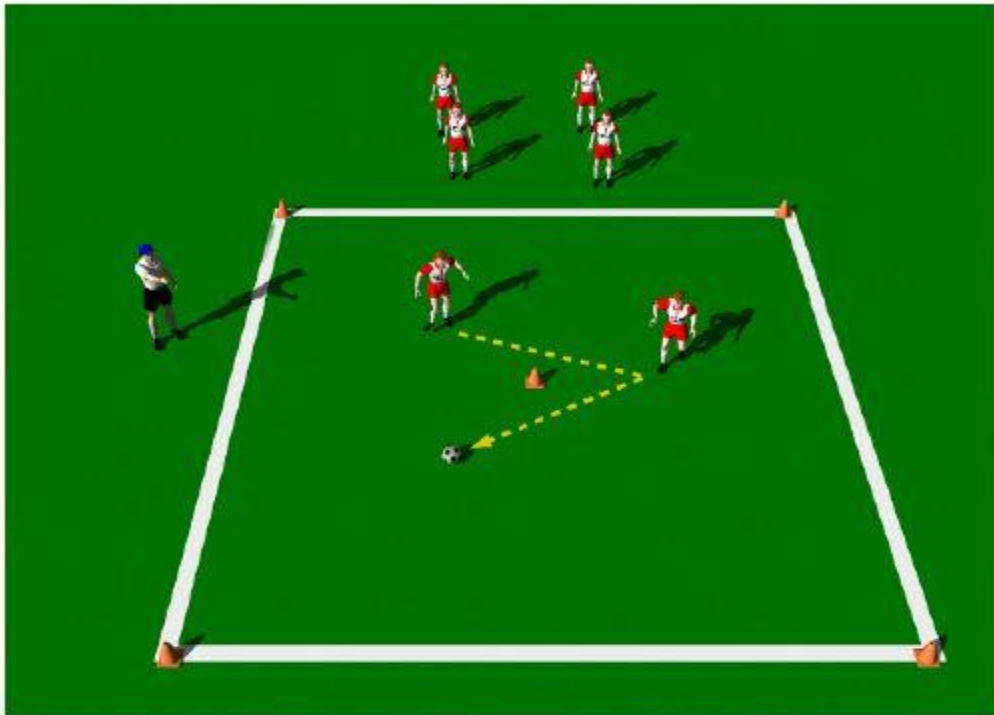
Coaching Points:

Two groups are positioned at each end of a grid 10 yards x 10 yards. The first player with the ball passes to the player opposite. After passing, the player sprints to the opposite end of the grid and joins the back of the line. The receiving player repeats to continue the sequence.

The coach should emphasize the following coaching points:

- Concentrate on quality ground passes to feet.
- Deliver a pass that the receiver can play using "one touch".
- Accelerate explosively without the ball

The Give and Go



Objective of the Practice:

This practice is designed to introduce the novice player to the correct mechanics involved in the execution of the "Give and Go" pass.

Field Preparation:

Area 10 x 10 yards. Small group of players. Supply of balls. Cones.

Coaching Points:

Two groups of players are positioned at the end of a grid 10 yards x 10 yards. A cone is placed in the middle of the grid to represent a defender. The players take turns advancing in pairs. In the middle of the grid the players play a "give and go" pass around the center cone and continue to finish at the opposite side of the grid.

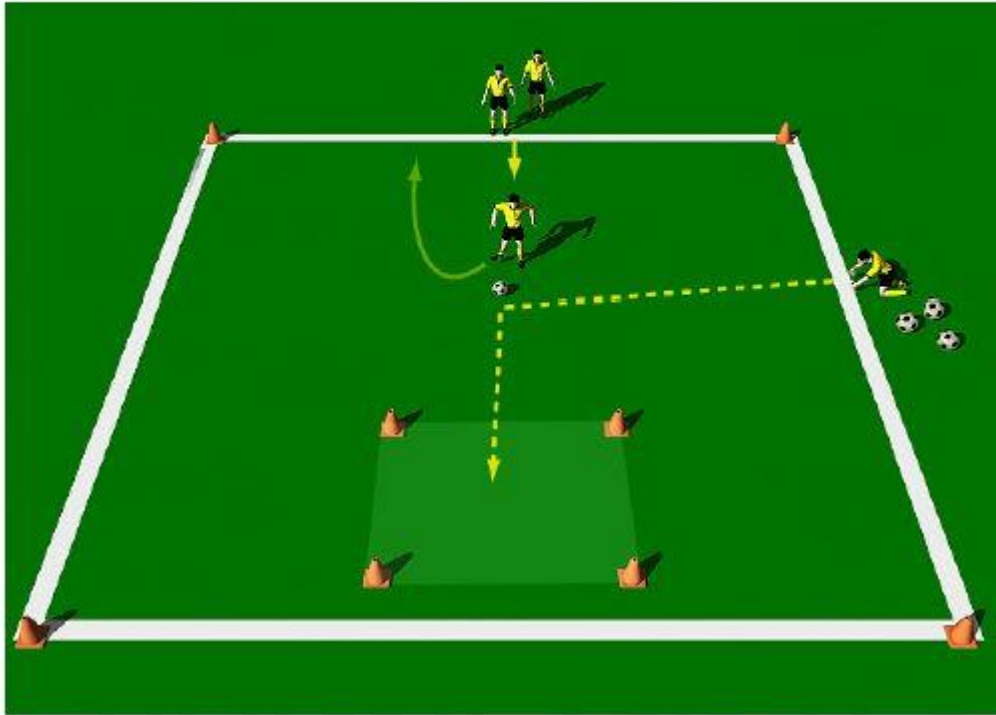
When all players have reached one side, they repeated the drill in the opposite direction. They also reverse roles as the passer and receiver.

The coach should emphasize the following coaching points:

Player with the ball

- The ankle of the kicking foot must be firm.
- Use a slight drawback of the kicking foot.
- Strike the ball with the inside of the kicking foot - through the horizontal mid-line of the ball.

Balls in the Box



Objective of the Practice:

This practice is designed to improve the correct mechanics involved in passing a moving ball. An emphasis is placed on timing and accuracy.

Field Preparation:

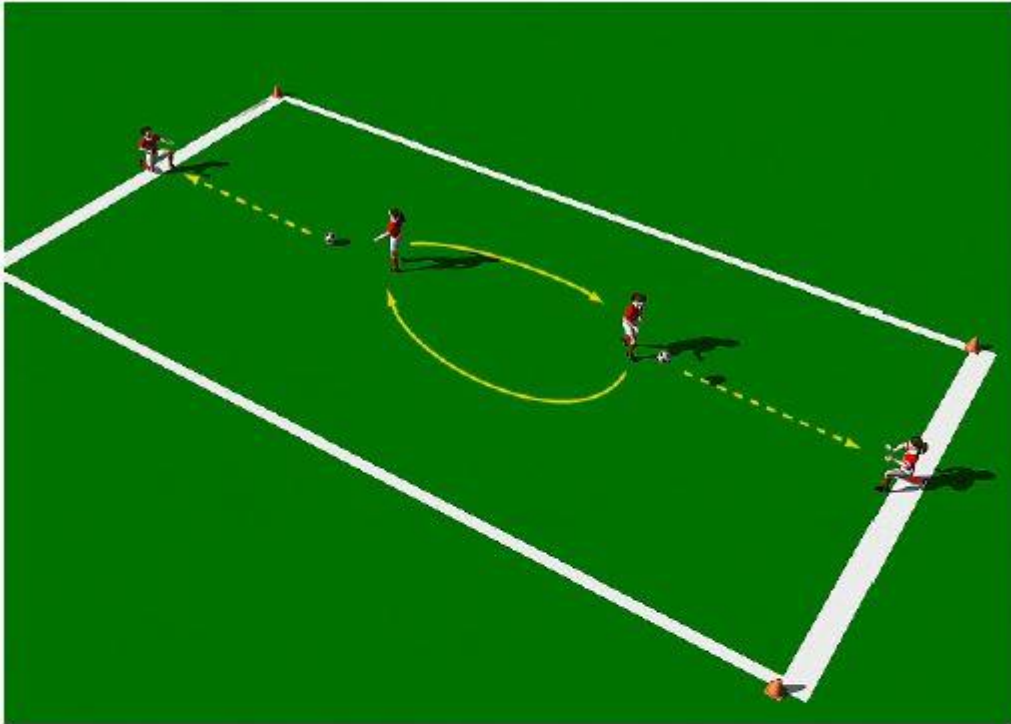
A grid is marked off approximately 10 yards by 20 yards. Inside, and at one end of the grid, a small box is marked off approximately 2 yards by 2 yards. A group of players are positioned at the opposite end of the grid and a server placed on the side. The server has a supply of balls within reach.

Coaching Points:

The practice starts when the server rolls the ball across the grid. The first player in line comes forward and redirects the ball using "one touch". The object is for the player to redirect the ball by passing it into the small box. The ball must stay within the box for it to count as a success. After passing the ball, the player returns and joins the back of the line.

Have 2 groups side by side competing against each other. First team to get all their balls in the box wins. Try making the box smaller to challenge your players. Rotate servers to ensure everyone practices the activity.

Pressure Passing 2



Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "pace and accuracy".

Field Preparation:

Area 10 x 20 yards. Four players. Two balls. Cones.

Coaching Points:

Position four players in a grid 10 yards by 20 yards. Place a server with a ball at both sides of the grid. Each server passes the ball to the two receivers to pass back "first time" to the server. The players in the center should work at full speed and concentrate on quality first touch passing.

If a working player turns to a server for a pass, and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball. Create a competition between players and see who can get the most passes in 60 seconds.

- ☐ The first player to reach 20 good passes wins.
- ☐ Only passes made on the ground are countable.