

Players: 4

Continuous Passing Practice

Objective – To develop the lateral pass, hand catch technique and realignment

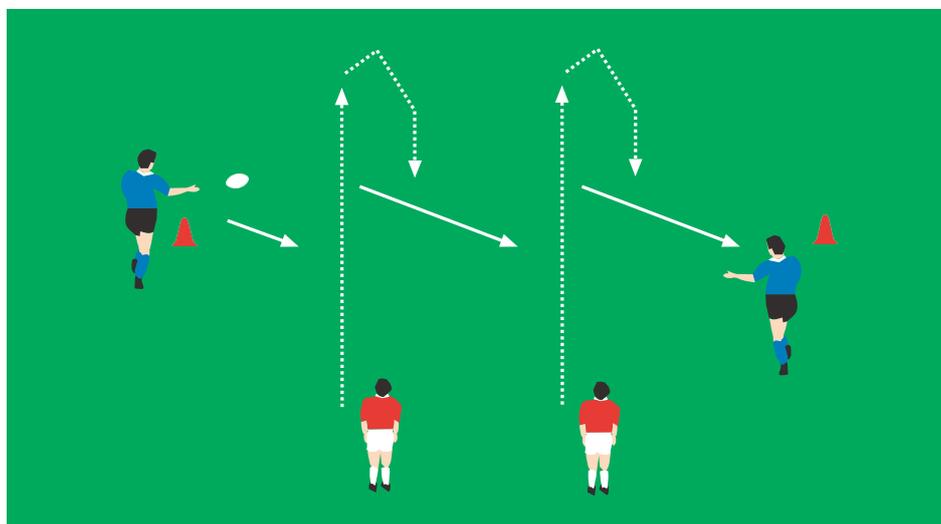
Equipment needed:

- Balls: 1
- Cones: 6

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Group of four players, two players working in the middle while other players work as feeders.
- Players in middle align themselves to receive the ball from the feeders.
- First player runs forwards and takes the pass from the feeder.
- Player with ball then passes to second runner who passes it on to second feeder.
- Once players have run through, they turn and realign to go back the other way.

Coaching points/Key factors:

Hand Catch

1. Hands in the ready position with palms facing the ball and thumbs together.
2. Early reach - catch / grab the ball as early as possible.
3. Watch the ball all the way into hands.
4. Once caught, turn to identify the receiver.
5. Keep ball up between waist and chest area - moving the ball quickly across the body.
6. Follow-through and fingers point to target after the ball is released.

Difficulty:

- Option to add in other players working in the middle.
- Widen / shorten distance between feeders to manipulate distance.
- Players to perform loop, miss, switch.
- Start off walking / jogging pace.
- Add in defender(s).