

12 Players

Corner Ball

Objective – Develop passing ability within a pressured environment

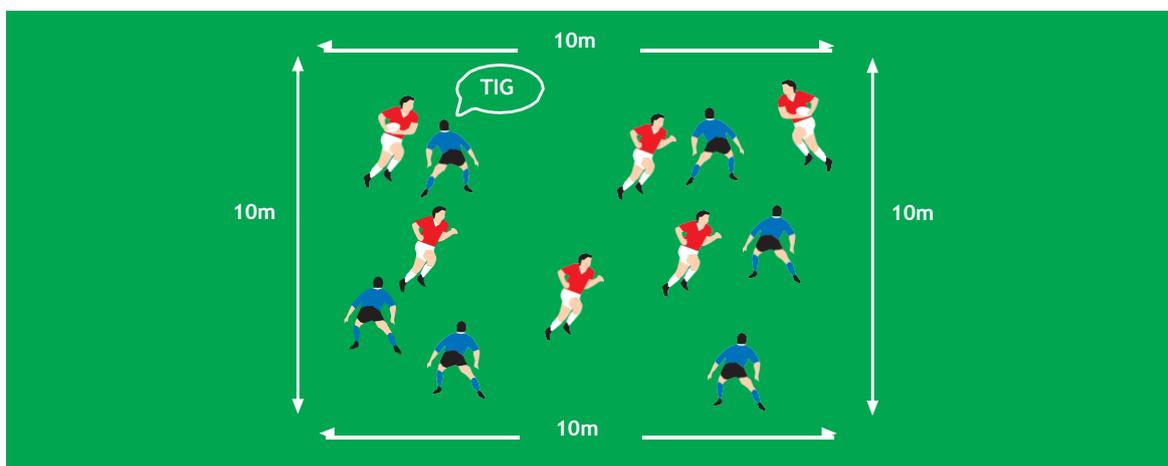
Equipment needed:

- Balls: 1 to 6
- Cones: 1 stack
- Bibs: 6

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Players must stay inside grid.
- The ball is passed amongst the members of one team.
- Aim to corner and tig a member of the opposite team with the ball.
- Players can move when in possession of the ball.
- Once a player is tiggd they join the catching /attacking team.
- If the ball is dropped the game continues.

Coaching points/Key factors:

1. Hands in the ready position with palms facing the ball and thumbs together.
2. Catch the ball in their hands
3. Ball remains off the shirt.
4. Follow through on pass towards target.
5. Accurate communication between attacking team players.
6. Finding space to receive the pass - movement off the ball.

Difficulty:

- Start off with more attackers with the ball (easier).
- Give each opposition player a ball, so that they can evade with ball-in-hand.
- Increase / decrease the grid size to make it harder/easier for the attackers.
- When a player is in possession of the ball, they are unable to move.