

12 Players

End Ball

Objective – Develop passing accuracy and strength develops type of pass. Can improve spatial awareness, lines of running, communication, decision making and evasion.

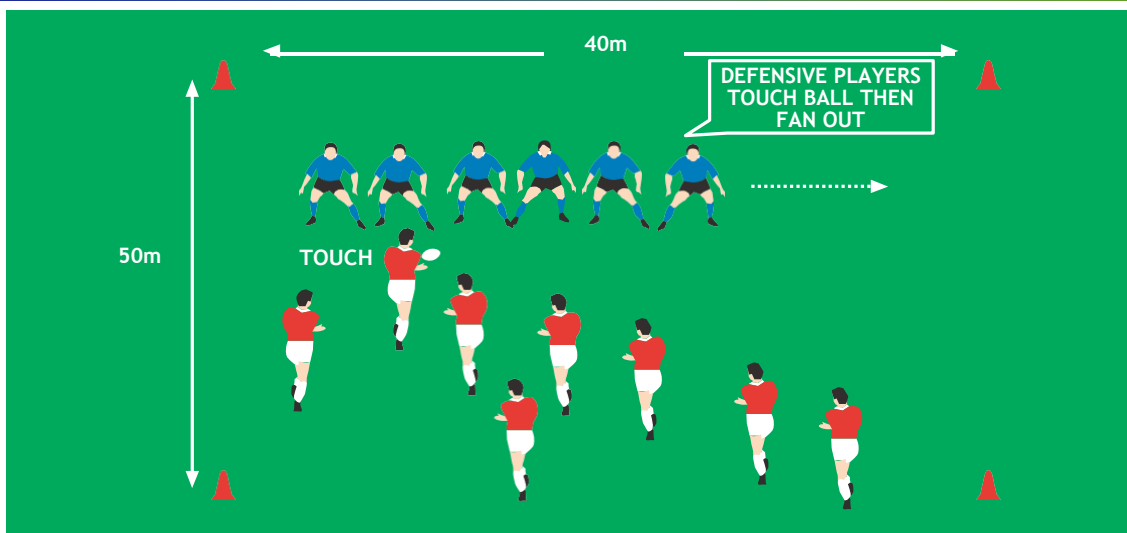
Equipment needed:

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

Suggested time allocation:

- 10-15 minutes

Set-up Diagram:



How to play:

- Run and pass in any direction.
- Play until a mistake is made or 5 touch turnover.
- Ball carrier has one second to pass after touch is made.
- No player can just stand in a scoring area (5 second limit).
- Man to man marking will encourage lines of run to lose defender / create space.
- Player must pass once a two-handed touch is made below waist height.
- Scoring team keep the ball and have to score at the other end of the pitch.

Coaching points/Key factors:

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:

- Progress to one touch turnover to challenge players.
- Players cannot catch unless on the move - promotes agility and evasion on and off the ball.
- Introduce minimum number (2/3) of players must be in the scoring zone before a score can be made.
- Play game with tags - player must pass ball once tag is made.