

12 Players

End Ball

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

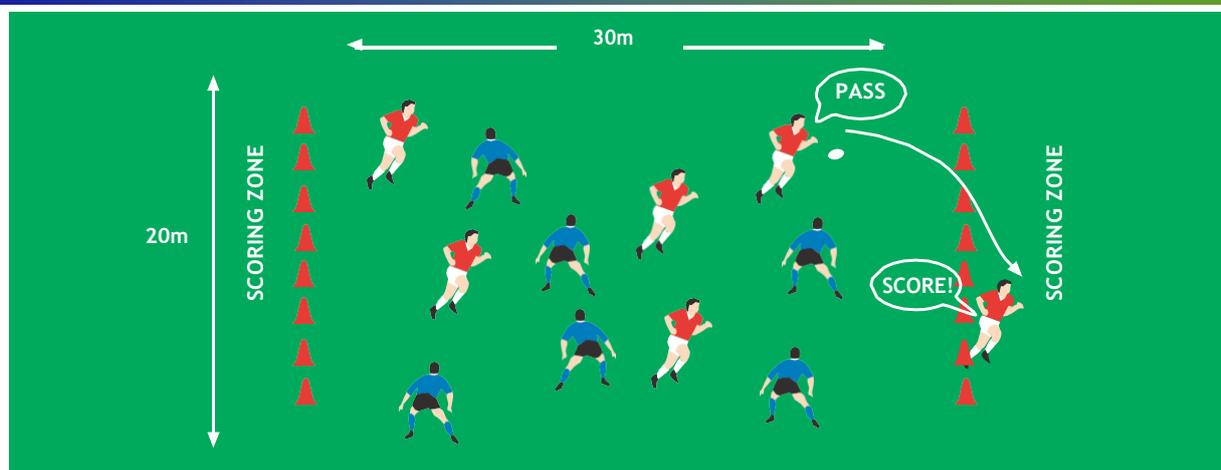
Equipment needed:

- 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 turn over after five touches.
- Allow 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 has 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. 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.
7. Evasion skills and footwork.

Difficulty:

- Progress to one touch turnover to challenge players.
- Players can not catch unless on the move - promotes agility / evasion on and off the ball.
- Introduce so that minimum 2 / 3 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.