

## 16 Players

## L Shape Passing Practice

**Objective** – To develop the lateral pass, hand catch technique and depth of running

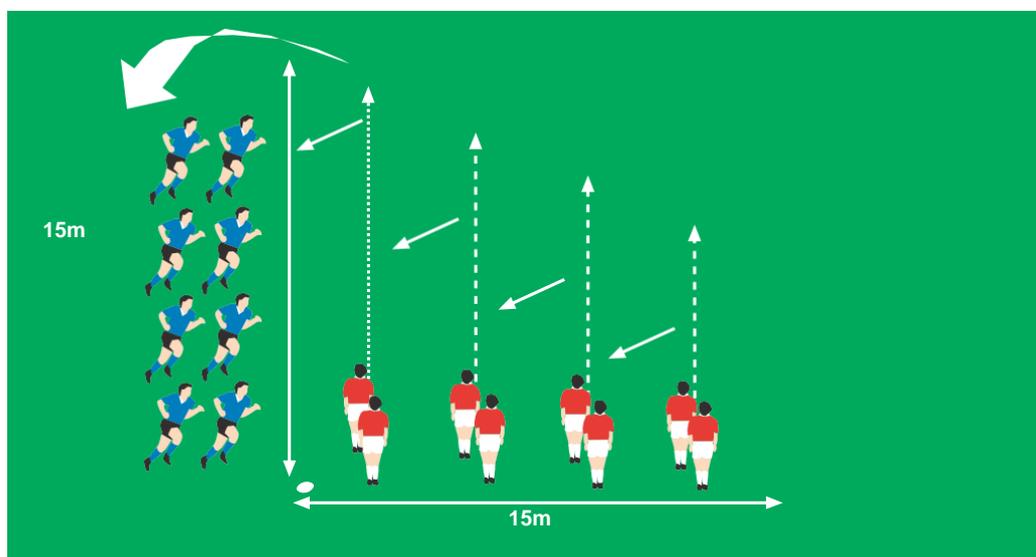
### Equipment needed:

- Balls: 1
- Cones: 1 stack

### Suggested time allocation:

- 10 - 15 minutes

### Set-up Diagram:



### How to play:

- 15m x 15m grid.
- Two groups of four players on each part of the L.
- Ball starts at wide player - when ball reaches end player, next group of four take over.
- Players realign in groups of four once passes have been completed.

### 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. Run from depth.

### Difficulty:

- Option to add 1 / 2 / 3 static defenders to add pressure.
- Widen / shorten grid to manipulate length of pass.
- Players to perform loop, miss, switch.
- Regress to walking / jogging pace.
- Add in a second ball - more pressure to realign and communicate with other groups.