

Players: 4

Middle Man Passing Relay (with defender)

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

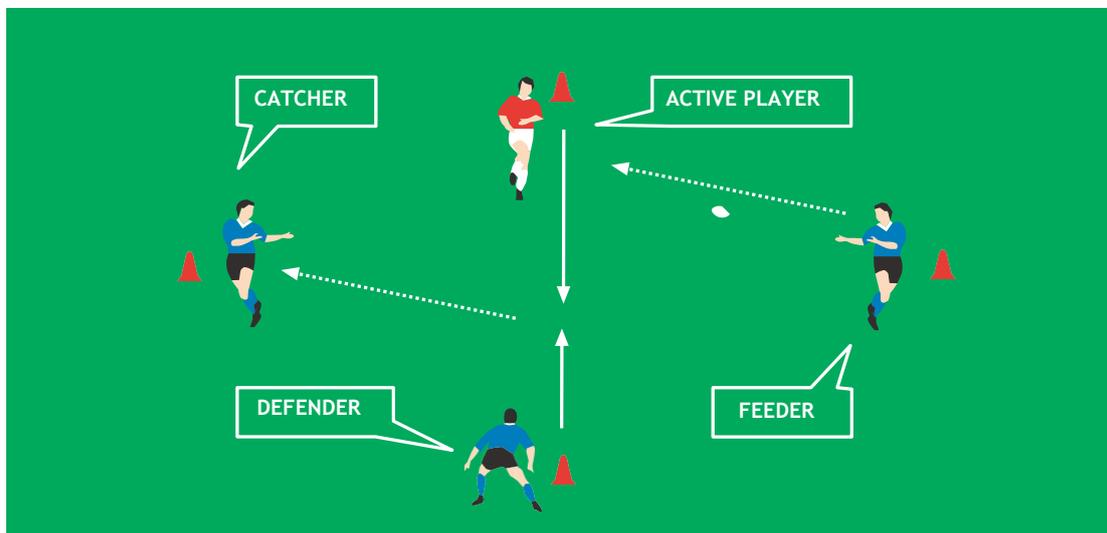
Equipment needed:

- Balls: 1
- Cones: 4

Suggested time allocation:

- 3 minute rotations

Set-up Diagram:



How to play:

- Four players - two active, two feeders (but still focusing on hand catch and passing).
- Active player receives a pass from feeder and then passes across to other feeder, while avoiding defender.
- Defender moves forward and attempts to get a two-handed touch.
- Active player and defender turn 180 degrees after one rotation, then repeats the exercise .
- After 6-10 passes, change hands with the players who are working.

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:

- Increase space between feeders to lengthen pass.
- Active player to fall to ground and get back to feet on each 180 degree turn.
- Bring in second active player.
- Defender is able to move in any direction and puts increased pressure on attacker.