

12 Players

Middle Man Pass Relay

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

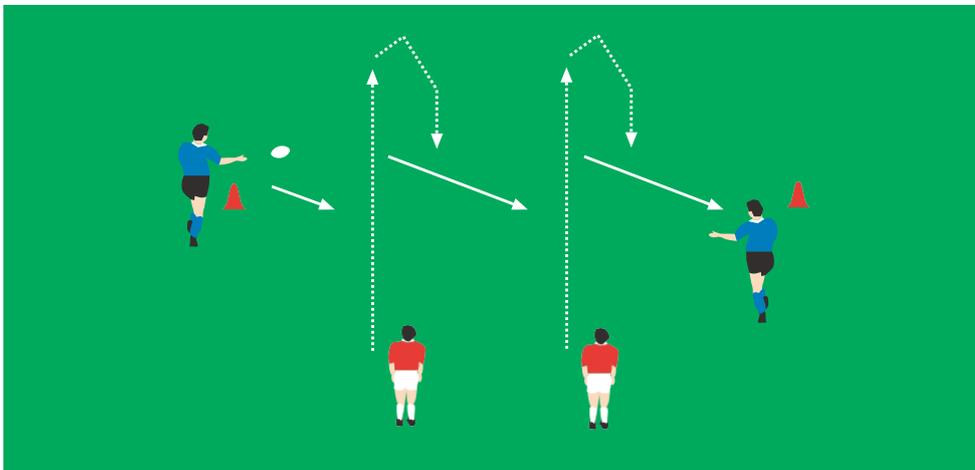
Equipment needed:

- Balls: 1
- Cones: 2

Suggested time allocation:

- 10 minutes

Set-up Diagram:



How to play:

- Group of four players, two players working in the middle while other players work as feeders.
- Players in middle align themselves to receive the ball from the feeders.
- First player runs forwards and takes the pass from the feeder.
- Player with ball then passes to second runner who passes it on to second feeder.
- Once players have run through, they turn and realign to go back the other way.

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. Time run onto the ball to ensure go-forward.

Difficulty:

- Option to add in further players working in the middle.
- Widen / shorten distance between feeders to manipulate length of pass.
- Players to perform loop / miss / switch.
- Start off walking / jogging pace.
- Add in defender(s).