

5 players per  
channel

## Passing Gauntlet

**Objective** – To further develop the lateral pass and hand catch technique

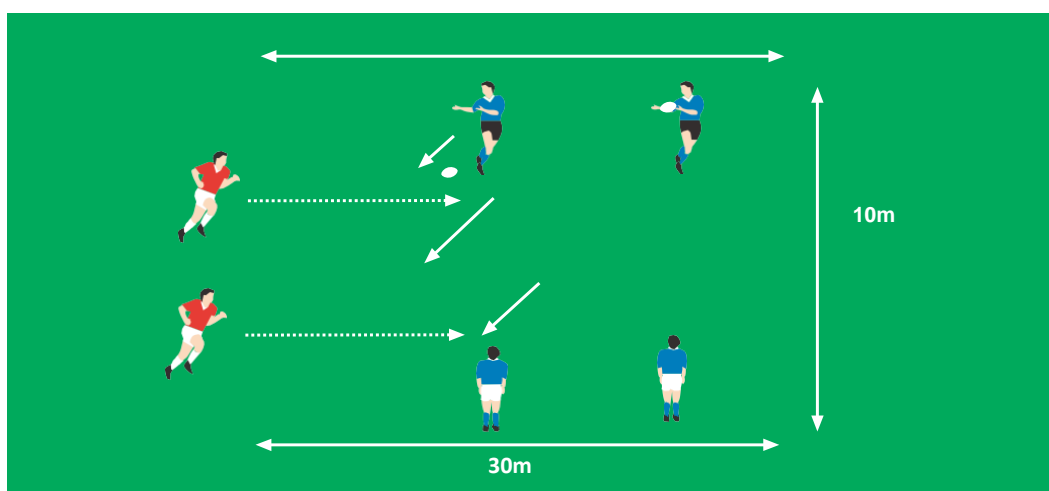
### Equipment needed:

- Balls: 2
- Cones: 1 stack
- Bibs: 4

### Suggested time allocation:

- 15 minutes

### Set-up Diagram:



### How to play:

- Practice is set out in a channel approx 10m in width.
- The two passing players go forward and receive a pass from yellow player.
- The aim is to make accurate, quick passes to the other yellow player - concentrating on hand catch.
- Once the players have completed the gauntlet, they turn and go back through 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:

- Widen / narrow channel.
- Work on passes from each direction to ensure players can pass as well in each direction.