

16 Players

Simple Passing

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

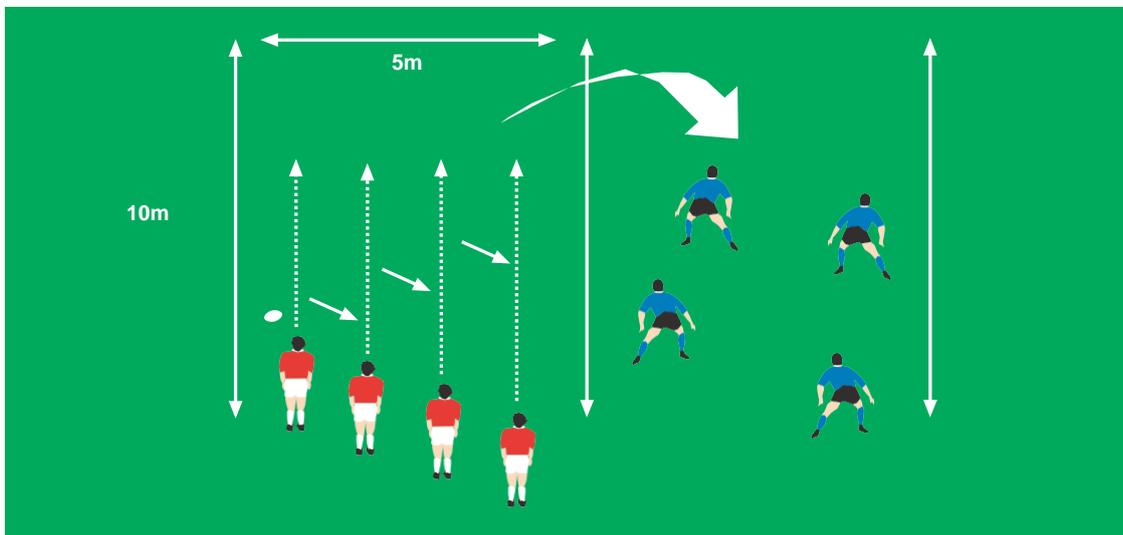
Equipment needed:

- Balls: 5
- Cones: 1 stack
- Bibs: 4

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Two 5m x 10m channels.
- Four players (with ball) in first channel - pass ball up to the end of the first channel. Aim is to make accurate, quick passes - concentrating on hand catch.
- Ball carriers then enter channel two where they are faced with four static defenders.
- Players at first channel can start staggered to help promote depth of running.

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:

- Widen / narrow channels.
- Ask players to follow pass once they made it - support ball carrier.
- Ask defenders to pair up - forming a 4 v 2 situation.
- Defenders are static at first then are allowed to move any direction.