

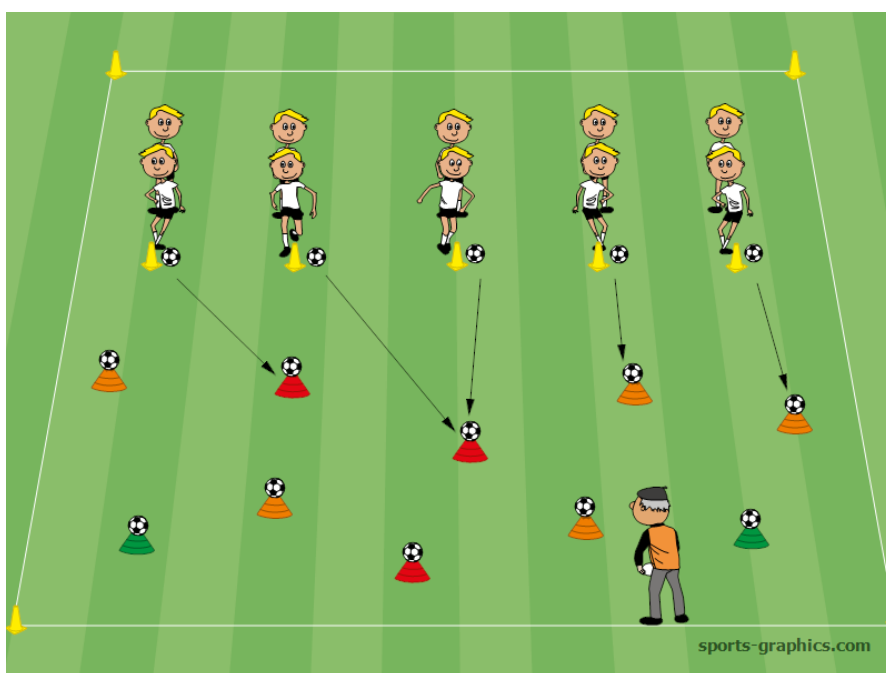
PAIRS GOING FOR POINTS

Improve basic ball striking

TECHNICAL

Passing

Striking the Ball



Set up a 20x20 playing area or adapt to suit the number of players.

Place a good quantity of cones with balls on top at one end of the area.

Arrange players into pairs with a ball per pair at the other end.

The first player of each pair passes and tries to hit a ball off a cone.

Successful or not, they collect their ball and give to their partner to try.

Game can continue or most balls off win.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Approach, footwork, standing foot, striking foot.
- Correct passing technique.
- Develop good decision making.
- Observation and selection of the pass.
- To develop more fluent and quicker passing.
- To learn when to release the pass (timing).
- Understanding of spatial awareness.

KEY FACTORS

- Body shape
- Communication
- Good first touch
- Head up
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique
- Stay light on feet

FOCUS AREAS

- Body shape.
- Decision of what choice of pass.
- Encourage use of both feet.
- Execution and weight of pass.
- Pass selection and end product.
- Staying light on feet.
- Which is the most effective pass for the situation?

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