

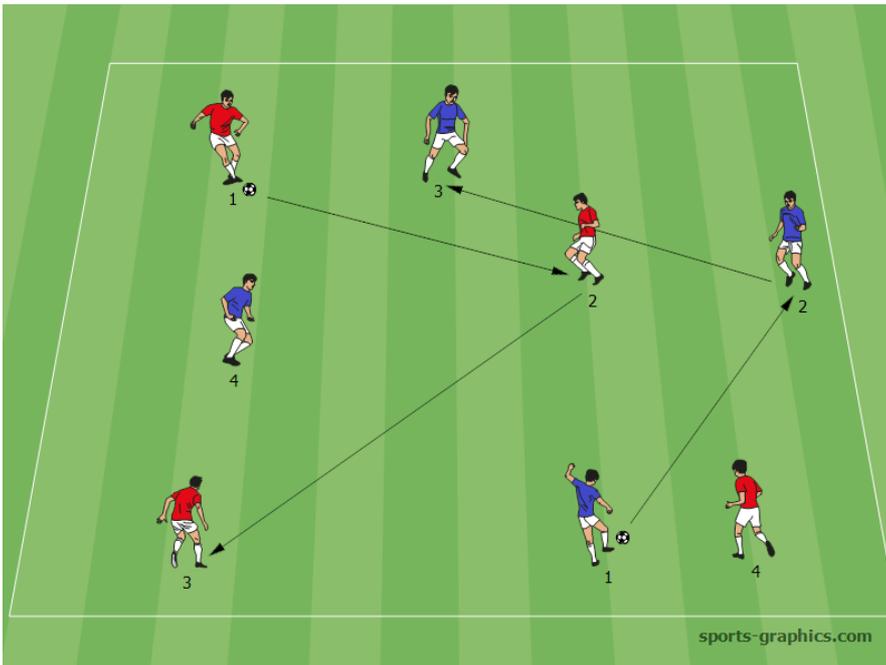
PASSING IN NUMBERS

Improve passing and receiving to keep possession in a skill related practice

TECHNICAL

Passing

Possession



Create an area up to 30x30 - modify the size to suit the number of players.

All players start inside the area and are given sequential numbers eg. 1-10 if there are 10 players.

Place any additional balls around the outside of the area.

All players move around inside the square and player one starts with the ball.

Player two needs to get into a position to receive a pass from player one.

Player two then passes to player three, and so on, until the last player receives the ball.

This player then passes to player one.

If numbers are sizeable, the coach has the option to remain with two groups, but to add a second ball with Player 7 as well as Player 1 so the repetition of receiving the ball is increased.

Another option with a high number of players is to increase the number of groups. An ideal number is 4 or 5 players. Players should be constantly moving in different directions and different ways.

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

- Angles and distances of support. Does the player on the ball see a clear pathway to pass to a teammate?
- Correct passing technique.
- Correct technique to receive.
- Creating space away from the ball.
- How to support the ball correctly.
- To develop fluent and quicker passing in tight areas.

KEY FACTORS

- Communication
- Good angles and distances of support
- Good first touch
- Head up
- Keep the ball moving into space
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique
- Stay light on feet
- Support quickly

FOCUS AREAS

- Angles and distances of support - diamonds and triangles.
- Awareness of passing options.
- Encourage communication between the players.
- Ensure passes are kept on the ground.
- Execution and weight of pass.
- Good movement to show for the ball.
- Let the game be the teacher.
- Observe the session from outside the grid to identify and make necessary improvements.
- Passing angles and distances.
- Quality of first receiving touch.



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