

Passing Drill



PASS AND RECEIVE

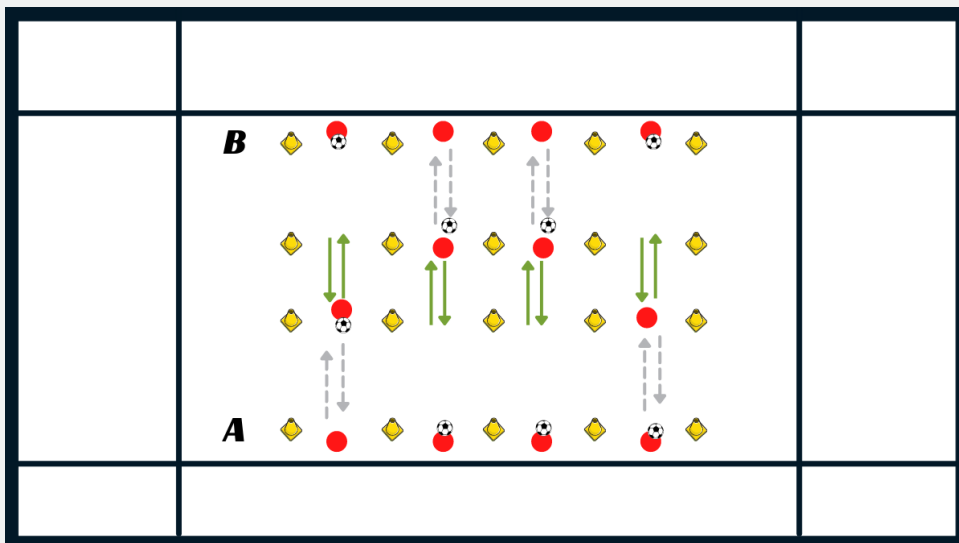


Age: 6-8/9-11

Players: 9-15

Topic: Passing And Receiving The Ball

Duration: 15 Mins



Set Up The Drill:

Set up a series of passing lanes 20 yards in length and 5 yards across. Each lane should be split up into 3 zones as shown (7x5 yards, 6 x 5yards, and 7 x 5 yards). Divide players into groups of 3 and give 2 balls to each group. Next, arrange each group of 3 players so one player is in the middle of the passing lane without a ball, and the other two players are at opposite sides of the passing lane with a ball each (A and B). Now the drill can start.

Instructions:

To begin, the central player checks towards Player A who passes the ball to them. The central player receives the ball and passes it back before turning around and repeating the sequence with player B. The central player continues in this fashion for 2-3 minutes before switching roles. Repeat until each player has had a turn in the central zone.

Progression:

Running through the same sequence, have players A and B feed the ball from their hands to the central player so they can practice receiving the ball in the air with their feet, thighs, and chest. Work in 2-3 minute increments for each method of receiving.

Coaching Points: Encourage players to;

- use correct trapping technique with chest, thigh, and foot.
- work as fast as they can without losing control of the ball.
- practice looking over their shoulder before they receive the ball in the central zone.