

# Passing Drill

## STARWARS GAME

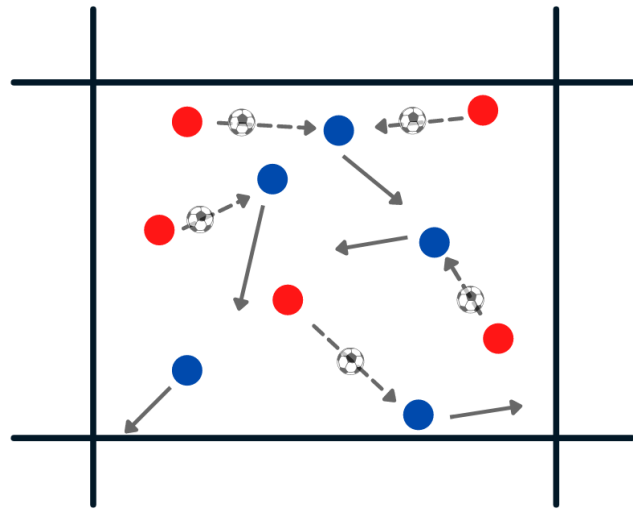


**Age:** 6-8/9-12 Years

**Players:** 8-12

**Topic:** Passing

**Duration:** 15 Mins



**Set Up The Drill:** Set up a 25×25 yard grid and split the players up into two teams. One team will be 'The Jedi Knights' and one team will be 'The Sith Lords'. Give each of the Jedi's a ball and ask players to line up with their teams on opposite corners of the grid.

**Instructions:** Upon the coach's call, every player from each team should enter the grid simultaneously. The Jedi Knights must eliminate each of the Sith Lords by passing the soccer ball and hitting them below the knee. The Sith Lords must try and avoid the soccer balls being passed at them by running, jumping, dodging, and changing direction.

Once a Sith Lord has been hit s/he retreats to the outside of the square, returning to their corner of the grid. The coach should time how long it takes for the Jedi Knights to eliminate each of their opponents. Next, the teams should switch roles. The Jedis become the Sith Lords, and the Sith Lords become Jedis. Play the game again, and the team with the best time overall wins the game!

### Coaching Points:

- Keep your head up as you are dribbling the ball so you can see the movement of your opponents.
- Approach the ball at an angle so you can step into the pass.
- Keep your balance forward and your body weight over the ball as you pass to help maintain control.
- Pass using the inside of your foot, connecting with the center of the ball.