

Passing Drill

JACKPOT

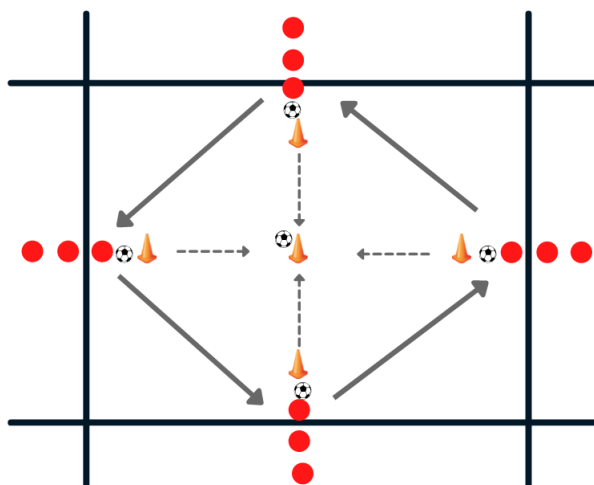


Age: 6-8/9-11 Years

Players: 8-12

Topic: Passing

Duration: 15 Mins



Set Up The Drill:

Set up a 16×16 yard diamond with tall cones. In the center of the diamond place a small cone on the ground with a ball on top. Next place 1 ball behind each of the tall cones on the outside of the diamond.

Instructions:

Split the players up into 4 teams and have them line up behind each of the tall cones on the outside of the diamond. Upon coaches call the first player from each line runs anti-clockwise around the diamond. When they return to their teams each player should take a setup touch to move the ball from behind their cone and make a pass in an effort to knock the central ball off its cone. If any of the players manage to do it, they shout 'Jackpot' and win a point for their team. Repeat with the next player in each line. Play until a team scores a certain amount of points or for a designated amount of time.

Coaching Points:

Focus on the **ABC of passing**, encouraging the players to focus on one element at a time in each different round:

- **A**pproach the ball at an angle (use a set up touch to help with this).
- **B**alance; Players standing foot should be next to the ball and their balance should be forward as they make the pass.
- **C**ontact; Hit the center of the ball with the inside of your foot.