

Passing Drill

MULTI-BALL PASSING

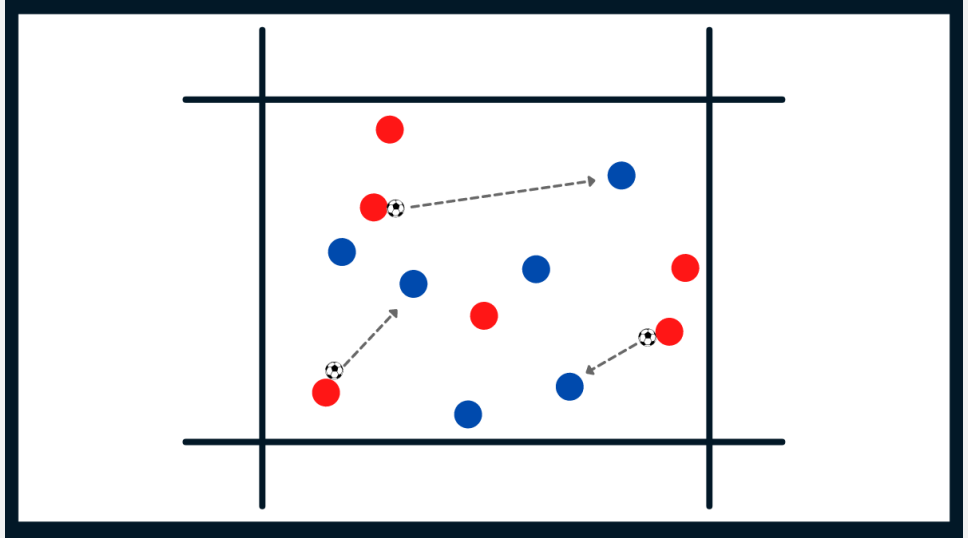


Age: 9-11 Years

Players: 10-16

Topic: Passing And Receiving

Duration: 15 Mins



Set Up The Drill:

Set up a 30×30 yard grid using small cones. Have 5 -6 balls ready for the drill. You will also need bibs in two separate colors; one color for each half of the group.

Instructions:

Split the players up into 2 even groups and put them in bibs. All players start in the grid with 5-6 balls between them. All players pass and move using all the balls simultaneously. The only stipulations are that a player cannot pass to someone in the same color as the bib which they are wearing and once a player passes one ball they should check away and look to receive a different one.

Coaching Points:

- Move the ball quickly, don't let it get stuck under your feet.
- Keep your head up and be aware of who you are passing too and who you move towards to create an angle of support (i.e make sure it's the correct colour).
- Good Communication throughout.
- Be realistic and play at game speed.