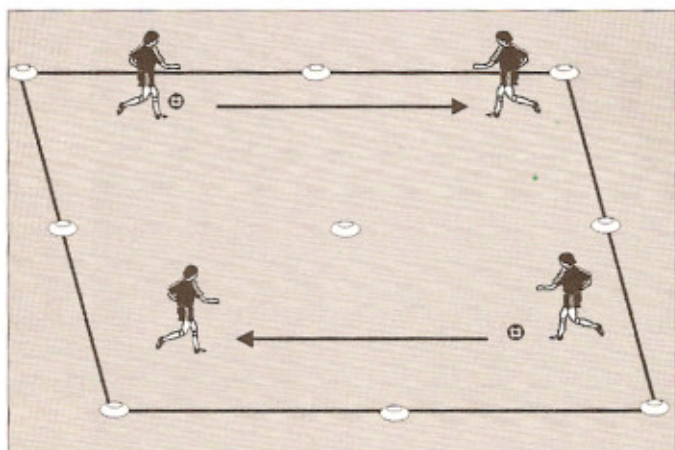


Session 1 ~ Passing & Control

1.2 Pairs Passing



Organization:

Pair up the players and practice passing the ball across a 10 x 10 grid. Each player must first cushion the ball and then pass back with the inside of the foot.

Progressions:

1. Upon receiving a pass, the players should use the inside or outside of their foot to control the ball to one side, and then return the pass to their partner.
2. Now when passing the ball, the players should aim a few yards to the side of their partners, forcing them to first move into the line of the ball before controlling and returning the pass.
3. The receiver now moves towards the pass as it is made, forcing them to cushion the ball on the move before passing back.

Coaching Points:

Move towards each pass, do not pass from a standing position.

Lock the ankle and turn the toes outward.

Plant the non kicking foot along side the ball.

Bend the standing knee slightly.

Push through the ball and finish with your foot in the air – ankle locked.

Cushion the ball so that it rests in front of you, not directly at your feet.