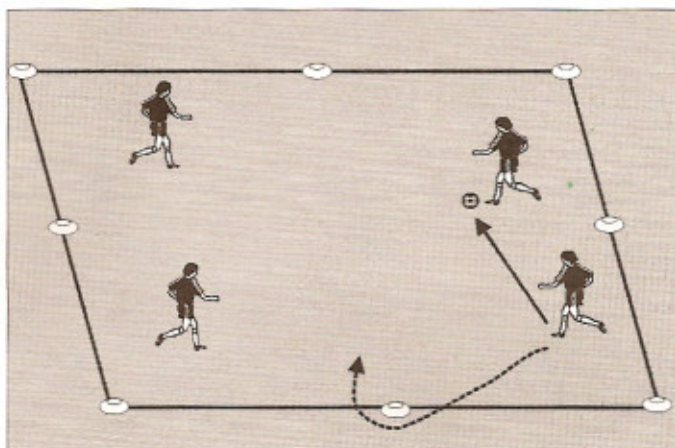


Session 1 ~ Passing & Control

1.3 Pass & Move



Organization:

Four players move around a 20 x 20 yd grid passing and moving. Each player may use one or two touches. Players should not stop moving during the duration of the drill. Encourage all of the players to call for the ball.

Progressions:

1. Now, after making a pass to a teammate, the passer must run around any cone before they can re enter the grid and receive another pass.
2. Once the players have the idea, add restrictions such as running backwards around a cone or making a double pass with a player before heading for the cone.
3. One of the players now hops and attempts to get the ball while the other three pass.

Coaching Points:

Each player should know where their teammates are.
Use the first touch to position the ball in the direction you wish to pass.
Position your hips to face the inside of the grid when you receive a ball.
Communicate with the passer before they receive the ball.