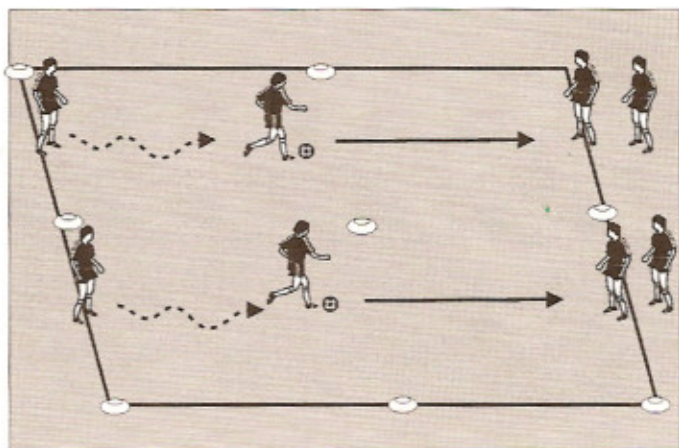


## Session 2 ~ Passing & Control

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### 2.2 Dribble and Pass



#### **Organization:**

Divide the players into groups of 4, two players at each end of the 20 yard long grid. The first player in line dribbles  $\frac{3}{4}$  of the distance across the grid and passes to the next player in line and follows their pass.

#### **Progressions:**

1. Once the players have a good grasp of the short pass, progress to a pass made from twice the distance. Encourage them to use their momentum to provide weight behind the pass.
2. Allow the players to experiment with passing off the front foot. This is a more advanced technique where the player will pass the ball directly ahead with the laces of foot that is leading.
3. Now have the player dribble to the right hand side of the grid and make a diagonal pass back across to the left corner of the receiver end line. The next player passes to the other side.

#### **Coaching Points:**

Watch the ball carefully as it approaches you, then look in the direction that you will pass.

Lock the ankle throughout the pass & Use your arms to balance. Roll the ball with the inside of the foot.

Turn your body slightly sideways and keep your knees bent.