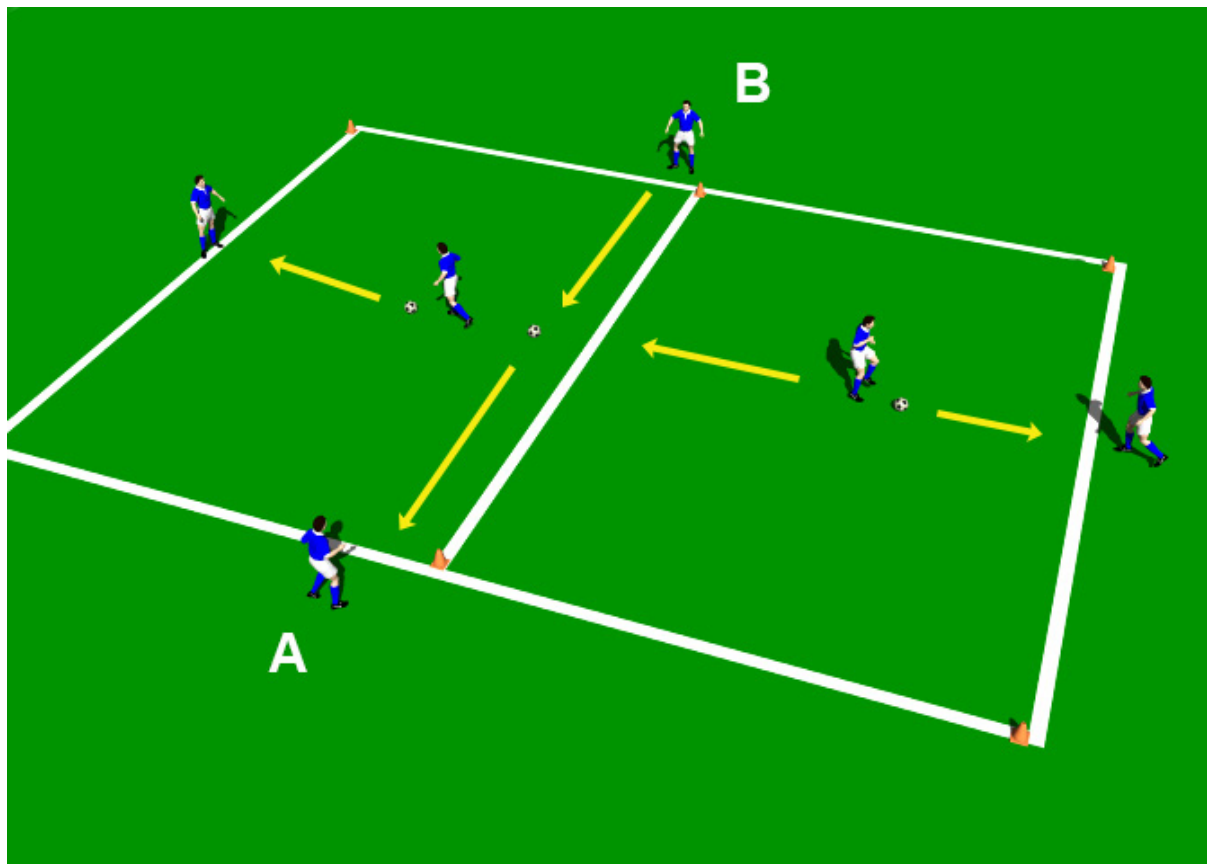


Passing and Timing Drill



Exercise Objectives:

This exercise will develop a player's understanding of "when" and "when not" to pass the ball, in addition to rapid passing.

Coaching Pointers:

Divide your players into groups of six. Two players are placed in the middle of the working area 10x20 yards. Two players are placed at servers, one at each end. The two middle (working) players receive a pass from the server, then turn and receive a pass from the opposite side. This sequence is continued for 60 seconds.

Players "A" and "B" pass the ball across the area and through the two working players as quickly and often as they can in 60 seconds. Players "A" and "B" will have to deal with the traffic of the players running in front of them. They must decide if they have space and time to make the pass, or do they have to hold onto the ball to create space. Alternate roles after several minutes.

Field Preparation:

- ☆ Groups of six.
- ☆ 20 x 10 Yards
- ☆ Supply of balls
- ☆ Cones