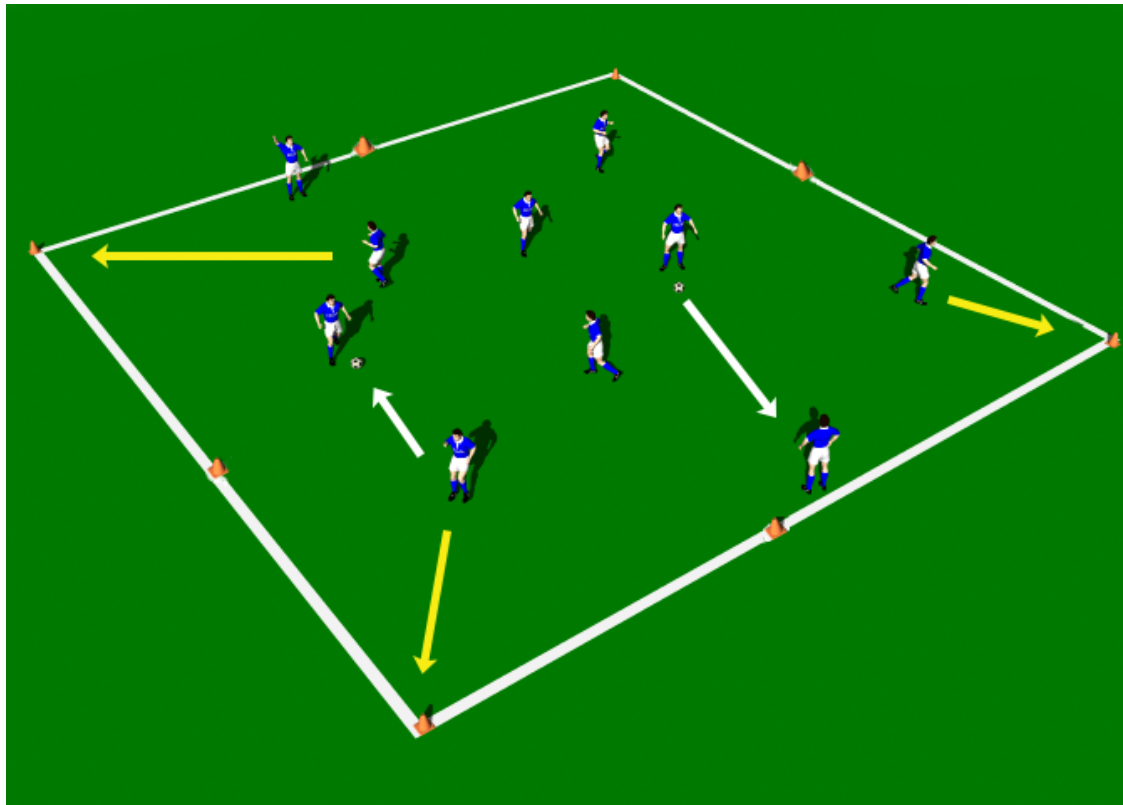


Passing Awareness Drill



Objectives:

This is a high temp activity to improve players passing awareness.

Coaching Points

Place your entire team into an area approximately 20 x 20 yards. A cone or flag pole is placed in each corner. The activity is progressed in the following sequence:

1. Use 2 balls, have players pass the ball around the area using “one or two touches”.
2. After players pass the ball they must sprint around one of the corner cones.
3. Add 2 more balls that the players throw around the group. The object now is to get their head up and “Not” pass the ball to a player who is holding a ball. This helps their awareness and decision making when passing.
4. Progress the session to “one touch” passing.

Field Preparation

- ☆ Entire team.
- ☆ Area 20 by 20 yards
- ☆ Supply of Balls and Cones