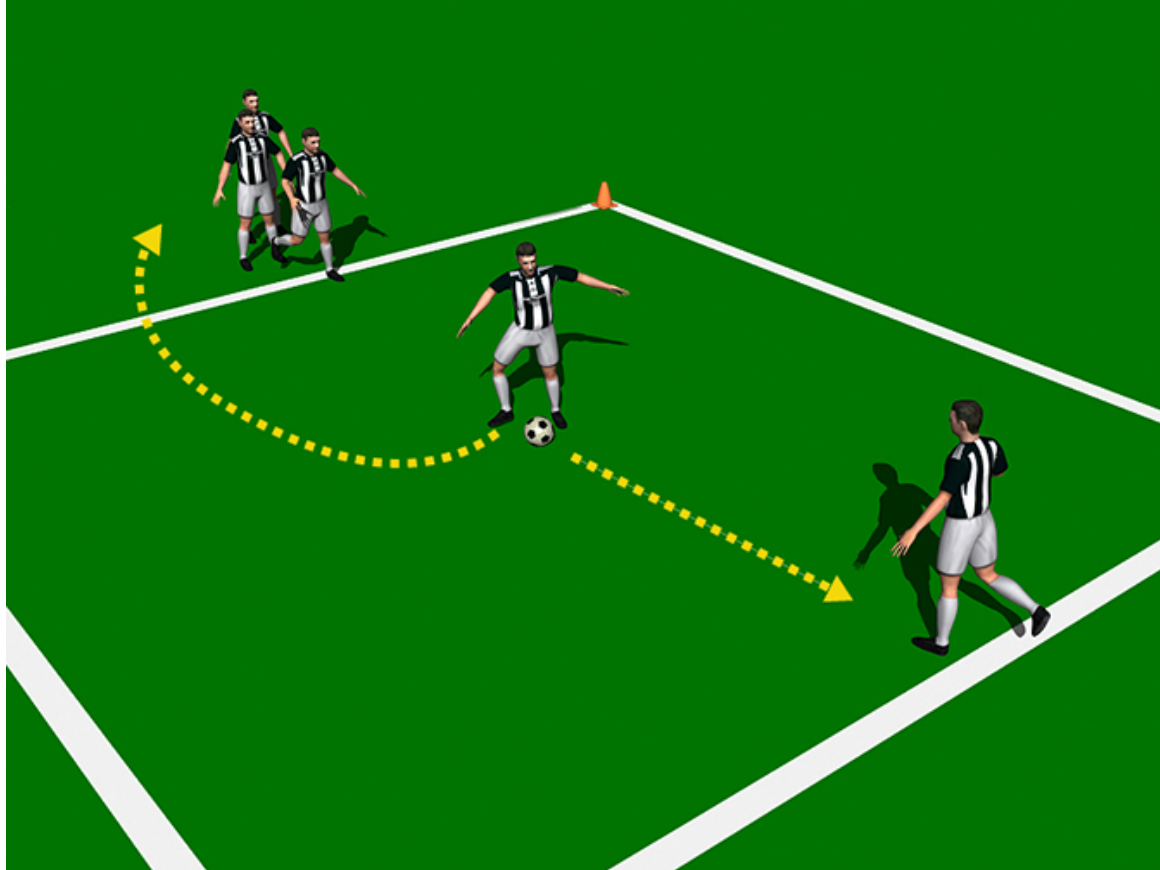


## Passing Relay Game



### Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “Pace and accuracy”.

### Field Preparation:

Area 10 x 10 yards. Three players. One ball, Four cones.

### Coaching Points:

A small group of players are positioned at one side of a grid, 10 yards x 10 yards. The players receive the ball from the server. The receiving player must pass the ball back to the server “first time” and only scores a point for each pass back on the ground to the servers feet. After each pass the receiver must return to their starting position. The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball. With a correctly weighted pass the receiving player is always be encouraged to come and meet the ball.

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good passes or see which team who can perform the most passes in one minute.