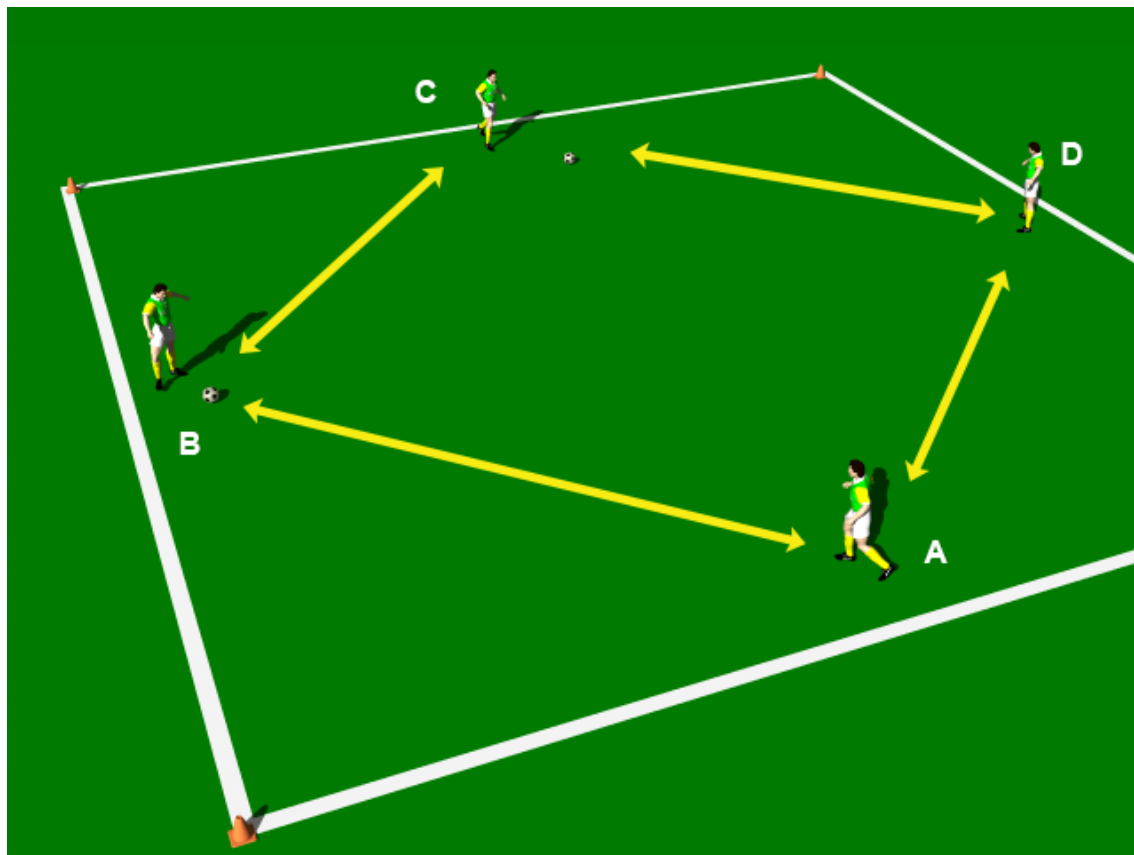


Speed of Play Drill



Objectives:

This practice is designed to improve “speed of play” when passing to a team mate.

Coaching Points

Divide your players into groups of four and place each group in a square, with two balls per group (as in the diagram above). The activity starts with two diagonally opposite players with the ball. The activity if performance in the following sequence;

Player “A” passes the ball to player “B”, quickly turns and receives a pass from player “D” They then pass back to player “D”, turn and receive a return pass from player “B”.

Player “B” receives a pass from player “A”, quickly turns and makes a pass to player “C”. They then receive the ball back from player “C” and pass to Player “A”.

Player “C” passes the ball to player “D”, quickly turns and receives a pass from player “B” They then pass back to player “B”, turn and receive a return pass from player “C”.

Player “D” receives a pass from player “C”, quickly turns and makes a pass to player “A”. They then receive the ball back from player “C” and pass to Player “A”.

Emphasize quality passes.

Ensure players are constantly moving around the square.

Field Preparation

- ☆ Entire team.
- ☆ Area 10 by 10 yards
- ☆ Supply of Balls and Cones