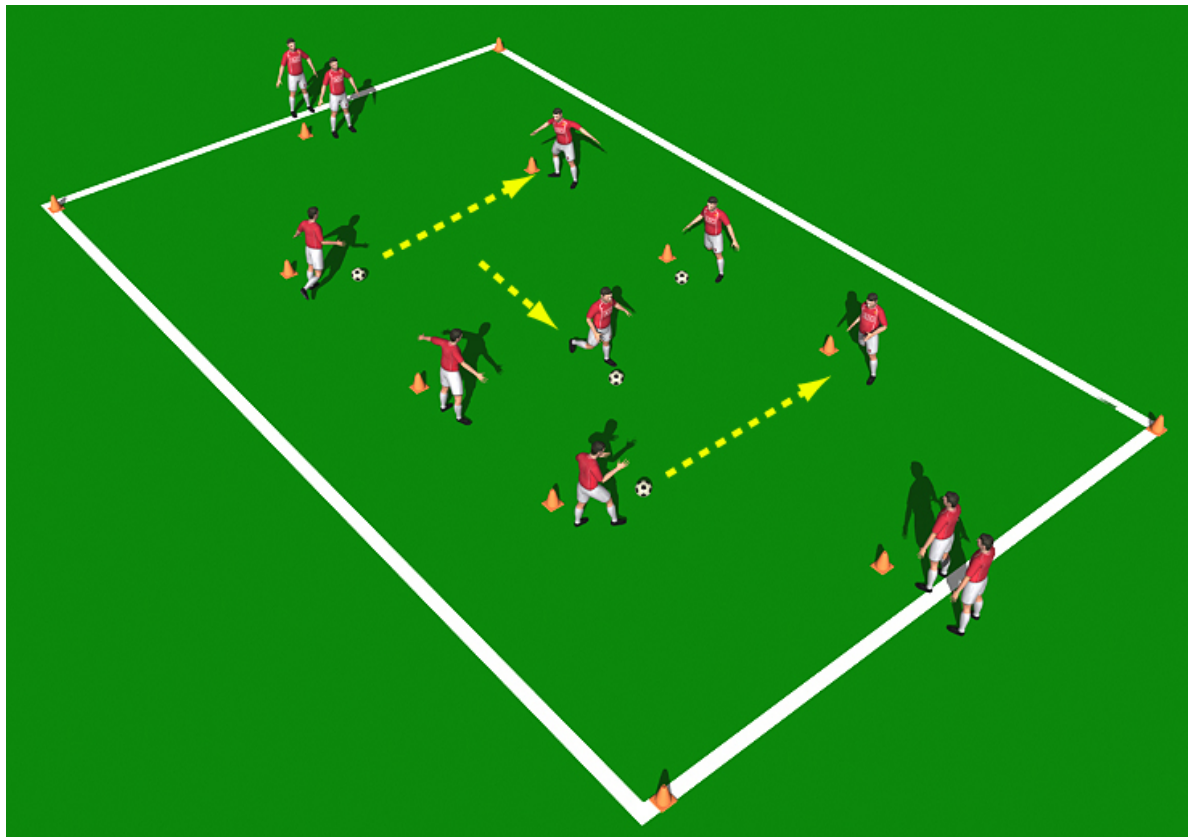


## Timing of the Pass Drill



### Exercise Objectives:

This exercise will develop each player's understanding of "when" and "when not" to pass the ball.

### Coaching Pointers:

Divide your players into two groups. One group will be passing the ball, the second group running with the ball. Set up as in the diagram above. The players passing the ball 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:

- ☆ Entire Group
- ☆ 20 x 10 Yards
- ☆ Supply of balls
- ☆ Cones