

## PASSING DRILL No 1

1            U9 TO U19                            BOX IS 10 X 10

PAGE AND ACCURACY

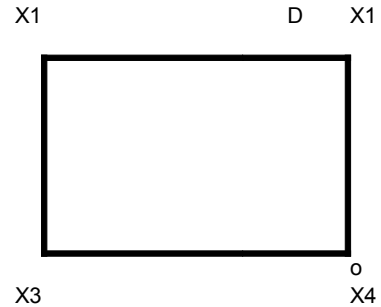
THE X PLAYERS HAVE TO PASS THE BALL AROUND THE GRID.

THE D PLAYER HAS TO RUN AROUND THE GRID AND TRY AND STEAL THE BALL FROM THE X PLAYERS

THE D PLAYER AND THE BALL MUST STAY ON THE OUTSIDE OF THE GRID AND GO IN THE SAME DIRECTION

D CAN START 10, 20 OR 30 YARDS BEHIND THE BALL.

KEEP CHANGING THE PLAYERS ROUND



2            U9 TO U19                            BOX IS 10 X 10

TIMING

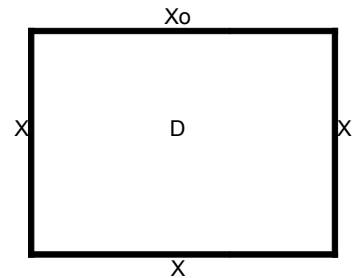
THE X PLAYERS MUST KEEP THE BALL AWAY FROM THE D PLAYER.

THE D PLAYER HAS TO TRY AND INTERCEPT THE PASSES.

THE D PLAYER HAS TO STAY INSIDE THE GRID.

THE X PLAYERS HAVE TO STAY ON THE OUTSIDE OF THE GRID BUT ON THE LINE

THE X PLAYERS CAN MOVE ALONG THERE LINE.



3            U11 TO U19                            BOX IS 10 X 10

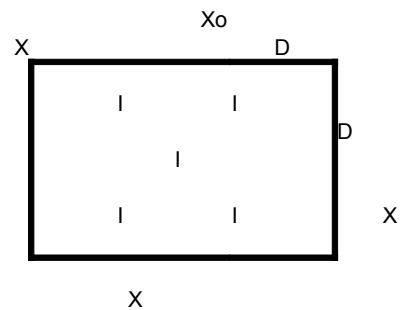
CHANGING PLAY

THE X PLAYERS HAVE TO PASS THE BALL AROUND THE GRID UNTIL THEY GET AN OPENING TO KNOCK THE CONES OVER.

THE D PLAYERS HAVE TO TRY AND STEEL THE BALL AND DEFEND THE CONES.

NO PLAYERS ARE ALLOWED INSIDE THE GRID.

YOU CANNOT PASS THE BALL ACROSS THE GRID



4 U11 TO U19

TWO TEAMS TRYING TO KNOCK OVER THE 9 CONES.

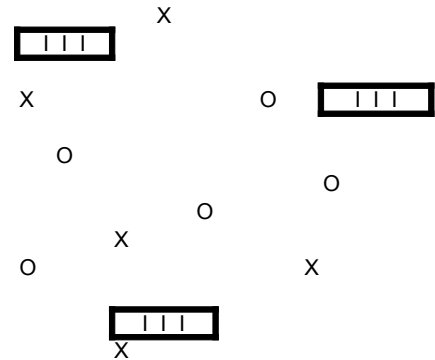
YOU CAN ONLY KNOCK OVER ONE CONE IN EACH BOX THEN YOU HAVE TO ATTACK ANOTHER BOX.

PLAYERS ARE NOT ALLOWED IN ANY BOXES.

FIRST TEAM TO KNOCK OVER 5 CONES ARE THE WINNERS

YOU CAN CLOSE ANY BOX AS THE COACH

CHANGING PLAY



5 U9 TO U19

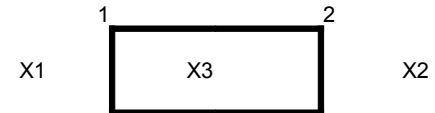
BOX IS 20 X 10

X3 RUNS TO LINE 1 AND RECEIVES A PASS FROM X1

X3 PASSES BACK TO X1 AND TURNS AND SPRINTS TO LINE 2

X3 RECEIVES A PASS FROM X2 AND RETURNS THE PASS TO X2 THEN SPRINTS TO LINE 1

ACCURACY AND PACE



6 U11 TO U19

BOX IS 30 X 10

WALL PASS OR GIVE AND GO

PLAYER A STARTS ON LINE 1 AND ATTACKS D

PLAYER A HAS TO TRY AND GET THE BALL TO LINE 2

PLAYER A CAN USE EITHER W TO GET PAST D

PLAYER A CAN USE A WALL PASS OR DRIBBLE PAST D.

WHEN PLAYER A GETS TO LINE 2 HE TURNS AND TRIES TO BEAT D AGAIN TO GET TO LINE 1.

PLAYER D MUST STAY IN THE CENTER BOX AND TRY AND WIN THE BALL

ACCURACY, PACE AND TIMING

