

PASSING DRILLS 2

1 U11 TO U19

BOX IS 40 X 30

TIMING, PACE AND ACCURACY

5 PASSES ONE POINT

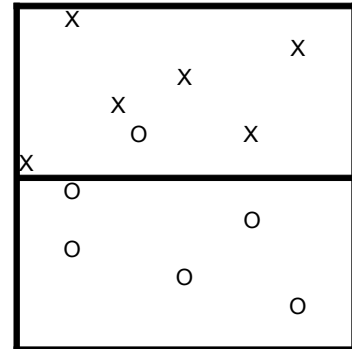
1 TEAM IN EACH HALF

THE X TEAM TRIES TO GET 5 PASSES WHILE 1 PLAYER FROM THE O TEAM TRIES TO STEAL THE BALL.

IF THE X TEAM GET 5 PASSES THEY GET ONE POINT AND ALSO ANOTHER PLAYER FROM THE O TEAM HELPS TO STEAL THE BALL

IF THE O TEAM STEAL THE BALL THEY HAVE TO GET IT INTO THERE OWN HALF.

ANY TEAM GETTING A TOUCH OF THE BALL BUT NOT STEALING THE BALL THE COUNT GOES BACK TO ZERO.



2 U9 TO U13

BOX IS 30 X 30

TIMING AND COMMUNICATION

ONE UP AND ONE DOWN

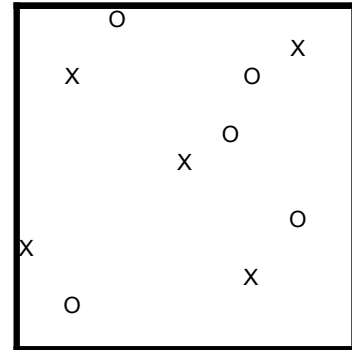
ONE TEAM HAS THE BALL AT THERE FEET AND THE OTHER HAS A BALL IN THERE HANDS.

YOU HAVE TO HIT THE BALL AT THE FEET WITH THE BALL IN THE HANDS.

IF YOU HIT THE THE BALL AT THE FEET WITH THE BALL IN THE HANDS THEN YOU CHANGE OVER.

YOU CANNOT RUN WITH THE BALL IN YOUR HANDS

TO MAKE IT HARDER HAVE TWO OR THREE UP AND ONE DOWN



3 U11 TO U19

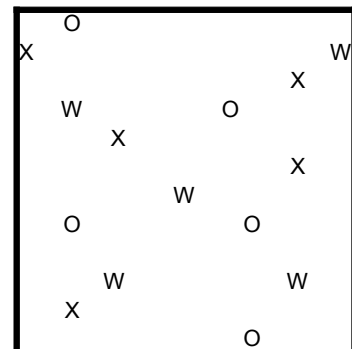
BOX IS 40 X 40

TIMING, PACE AND ACCURACY

YOU HAVE 3 TEAMS IN ONE GRID WITH DIFFERENT COLORED PINNIES

TWO TEAMS HAVE TO KEEP POSSESSION FROM THE OTHER TEAM

THE TEAM THAT LOOSES POSSESSION THEN BECOMES THE CHASERS



4 U13 TO U19 BOX IS 40 X 40

POSSESSION

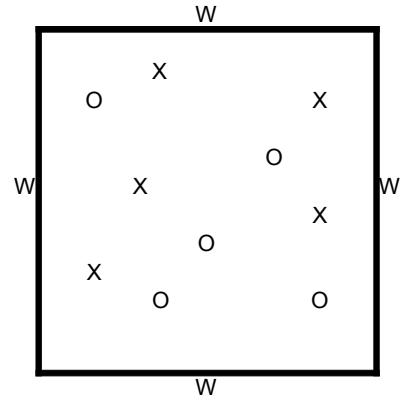
YOU HAVE TWO TEAMS IN THE GRID.

ONE TEAM HAS TO KEEP THE BALL AWAY FROM THE OTHER TEAM

YOU CAN USE THE WINDOW (W) PLAYERS

YOU CAN MAKE IT HARDER BY SAYING THE TEAM IN POSSESSION CANNOT USE THE WINDOW PLAYERS UNTIL THEY GET 2 OR 3 PASSES

KEEP CHANGING THE WINDOW PLAYERS



5 U13 TO U19 BOX IS 50 X 40

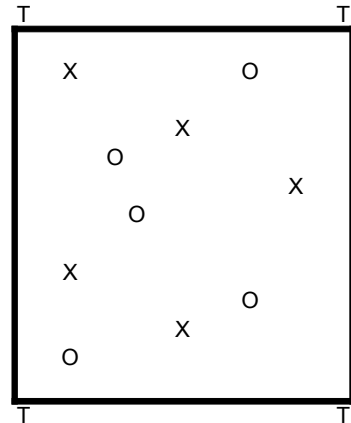
CHANGING PLAY

TWO TEAMS IN THE GRID.

EITHER TEAM HAS TO KEEP POSSESSION AND TRY AND PASS THE BALL INTO THE TARGET PLAYERS IN EACH CORNER

WHEN YOU GET TO ONE CORNER YOU MUST GO TO ANOTHER ONE BEFORE YOU CAN GO BACK THERE.

YOU CAN MAKE IT HARDER BY CONDITIONING THE NUMBER OF TOUCHES EACH PLAYER HAS ON THE BALL



6 U13 TO U19 BOX IS 50 X 40

CHANGING PLAY

TWO TEAMS IN A GRID.

THE X TEAM HAS TO TRY AND GET THE BALL TO THE TARGETS T1

THE O TEAM HAS TO TRY AND GET THE BALL TO TARGETS T2

EITHER TEAM HAS TO PASS THE BALL INTO THEIR CORNER PLAYERS

YOU CAN MAKE IT HARDER BY CONDITIONING THE NUMBER OF TOUCHES EACH PLAYER HAS ON THE BALL.

