

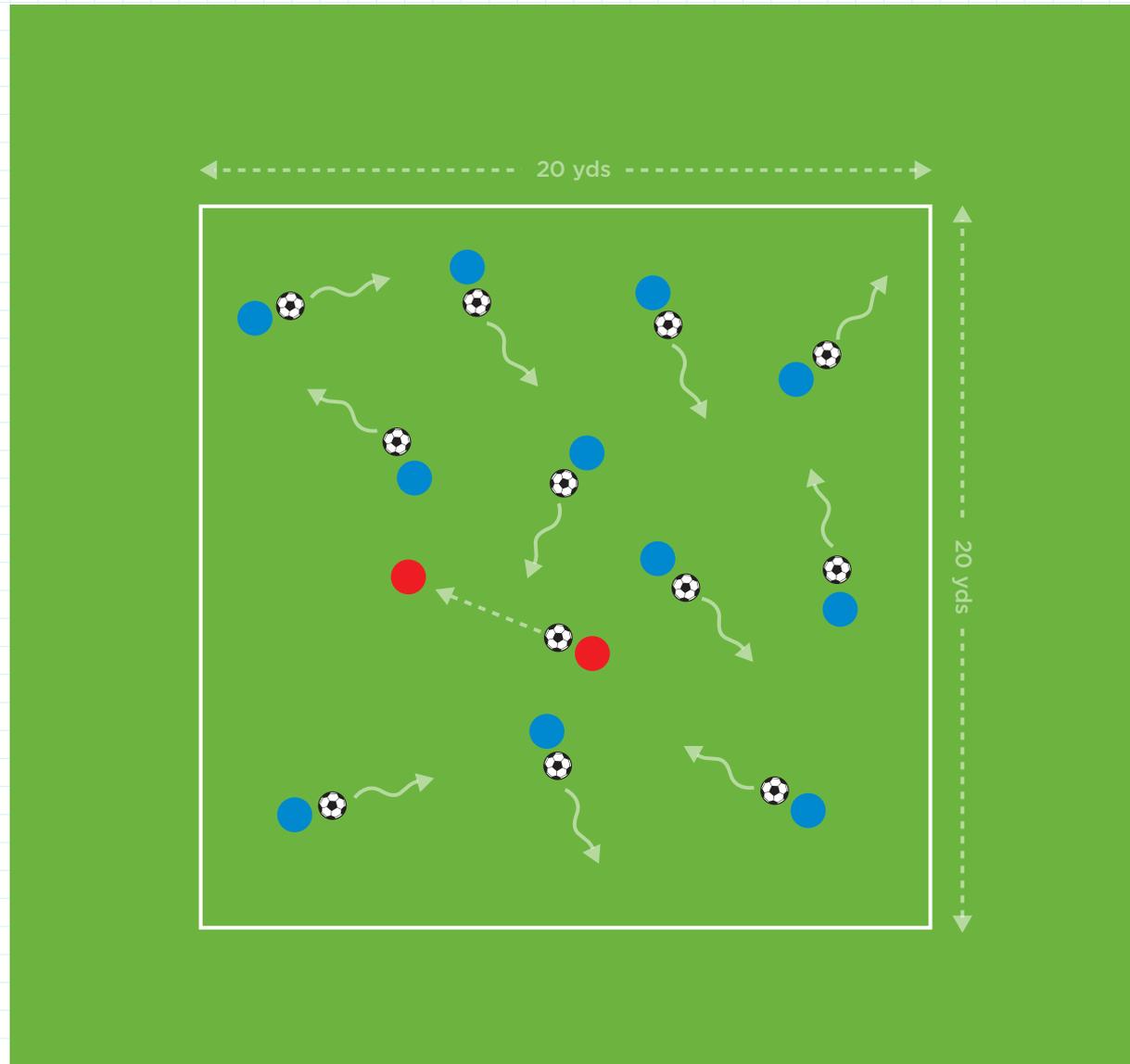
Dribbling & passing

Practice organisation

- Area 20x20yd sq, as illustrated.
- 12-14 players with a ball each.
- 2 additional players with 1 ball between them.
- Start position: Players spread-out within the square.
- Players move freely whilst dribbling within area.
- The pair of players with one ball between them moves within square passing to one another, avoiding dribbling players.

Detail

- Passing players will need to assess appropriate techniques, passing first time, moving ball under control to create passing angles & spaces etc.
- Players should be encouraged to be courageous & unorthodox on occasions in executing passes in tight situations to develop higher skill levels.
- Simple progressions for this practice are:
 - Reduce area within which players operate.
 - Add more 'pairs' passing amongst the dribblers.
 - Add more dribblers.
 - Increase number of combining passing players (to 3's, 4's etc).



Key coaching points

- Looking-up to assess situation & identify clear passing opportunities.
- Recognition of space & time to execute accurate passes to partner.
- Ball protection important whilst seeking opportunity to pass.
- Passes must be delivered through, rather than over players moving around square.
- Recognition of different weights to put on passes relative to space & time available to execute.