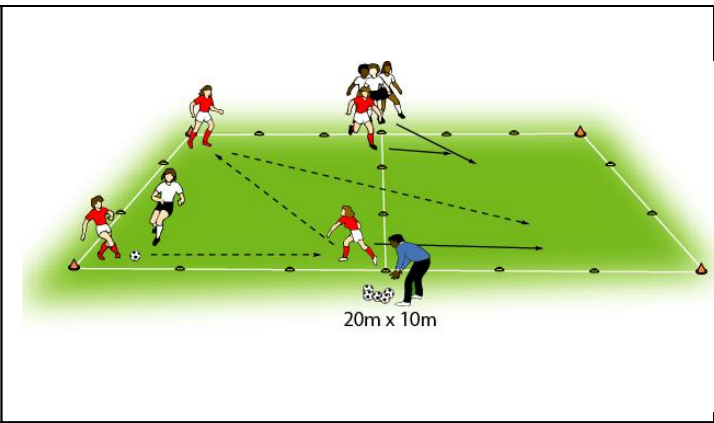


Passing & Support: Skill/Technique #1

Skill/Technique: **Passing & Support – Square to Square** **20 minutes**

<p>Organization:</p> <ul style="list-style-type: none"> • Set-up area 20x10m as shown. • Divide players into groups of four and position them as shown. • One group in possession against one opponent in one 10x10m square. • One square vacant to begin with. 		<p>Coaching Points:</p> <ul style="list-style-type: none"> • Accurate passes with good ball speed. • Open your body to the play when receiving a pass. • Support in triangles – wide and deep. • Don't support too close to the ball. Remember: distance = time.
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Description:

1. Two groups compete against one another as follows: Four red players v 1 white player in a one square, with three white players resting outside the square and the halfway line. The coach serves the ball to the red team and they must make at least three passes after which they can pass the ball into the next square for one of the group to run onto. If successful all four red players move into the next square and, again try to get at least three passes and play back into the original square. If the red team is successful the defending white player steps out and a new defender enters the next square attempting to win the ball. If the red team should pass the ball out of bounds, or the defender wins the ball, the coach serves the next ball into the other square to the white players and one of the reds becomes a defender, while the other rest outside the area. Every successful movement from one square to the next = 1 point. First team to 10 points is the winner.

Progression: As above but 3v1 in one square, with fourth player in other square. Switch squares with a pass to the fourth player.



Passing & Support: Skill/Technique #2

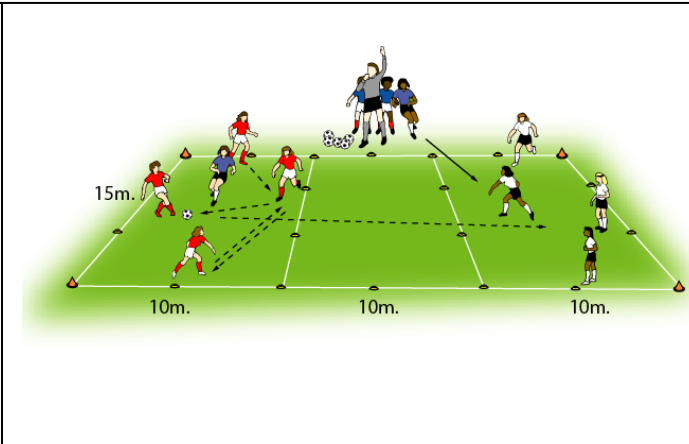
Skill Work:

Three Zone Game

20 minutes

Organization:

- Set-up area 30x15m as shown.
- Divide players into three groups of four and position them as shown.
- Central area is a “no go zone”.
- Play takes place in the end zones only.
- Teams must switch roles by going around coach.



Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Don't support too close to the ball. Remember: distance = time.

Description:

1. A team is placed in each end zone with one defending team positioned behind the coach. The play begins when the coach passes the ball into the red team in the end zone. Once the ball is touched by one of the red players, one blue defender can enter the end zone and try and win the ball. The red team must play at least three consecutive passes and then pass the ball to the white team in the other end zone for 1 point, at which time the process is repeated by the white team while a new blue defender tries to win the ball. If the defending player knocks the ball out of the zone; or the ball is misplayed or in any other way leaves the zone; or the final pass misses the opposite end zone, then the team loses possession and switches places with the defending team. The Coach serves a new ball into the opposite end zone. When roles switch a defender cannot go into the other end zone without running around the coach. First team to 10 points is the winner. Repeat as necessary.
2. **Progression:** As above but the ball must not bounce in the “no go zone” or possession is lost and team switches with defenders.

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