

STAFF TRAINING

Theme: Passing Activities

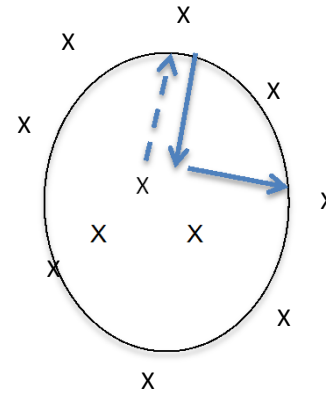
Key Points: a. Strike ball; b. Move after strike; c. Think

1) Circle

- 3 players in the middle
- 3 balls, balls start on the outside
- play ball into middle player, go take his place
- ball is passed to the player ahead but place is taken of player who passed the ball.
- clockwise, counterclockwise, specific feet, different movements in and out.

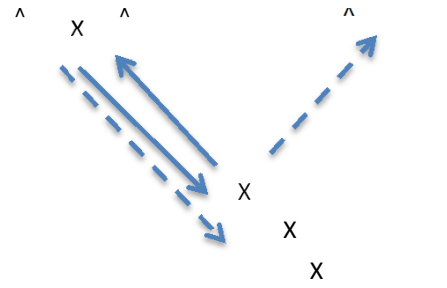
B)-3 players in the middle with a ball each

- Pass to someone but run to someone else
- The player who get run to, is the one who comes into the middle to receive the next pass



2) Triangle (cones 5 yds. apart)

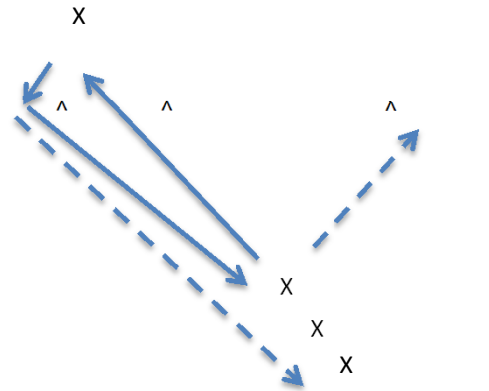
- 4 players, 1 ball
- 1 player on one cone, 3 players on one cone, 3rd cone remains open
- ball starts with group of 3
- pass ball to player and then run to open cone
- continuous rotations



3) Triangle (same as above)

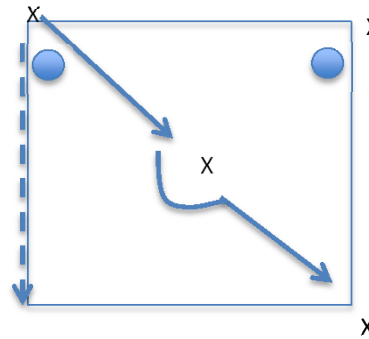
Variations:

- Collect ball on outside of foot, behind cone, and pass on inside
- Collect ball on inside of foot, behind cone, and pass on inside of other foot



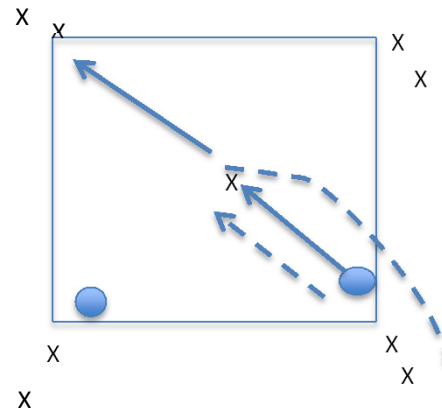
4) Square (8x8)

- 4 players, 2 balls
- 3 on outside, 1 player in the middle
- pass into the middle and run to open cone
- player in middle receives ball, opens up, and passes to opposite corner



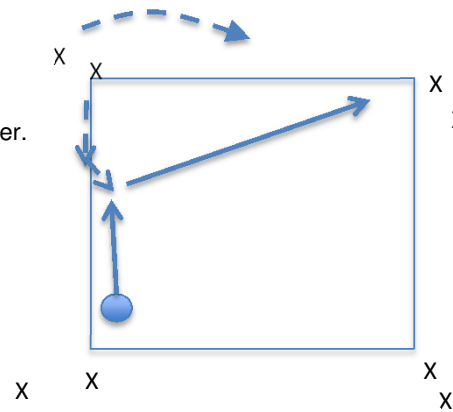
5) Square (8x8)

- 2 players at each corner, 1 player in middle
- 2 balls, starts in 2 corners at same end of square
- player passes ball into middle player and follows his pass
- player in middle stops it and then runs to end of that line
- passing player runs forward and plays ball into opposite line. He then immediately turns to 2nd ball line and repeats same process going the other way



6) Square

- 2 players at each corner, 1 ball
- player with ball passes to 1 player at next corner
- He lays ball back to original passer who then passes ball to opposite corner.
- 2nd runner then performs same sequence
- progress to 2 balls

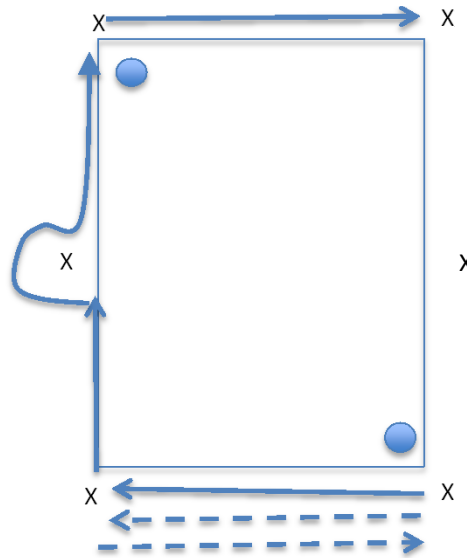


7) Rectangle (8x16)

-6 players, 2 balls

-pass ball clockwise then switch with opposite number.

-collect ball around cone and pass. 2 touch. Reverse direction



8) Diamond

-4 players at each point, 1 ball per each group of 4

-1 touch pass and follow or go behind next player

Progress:

-1 touch pass and then run around middle cone, at 90 degrees and go to end of other line.

-passer then comes up to be runner in that group

-back and forth behind gate and then repeat same pattern as above

Progress

-Dribble ball out/stop it/ go around cone to dribble ball of other play

