

# Passing

## Bonk Ball Passing -15 Minutes

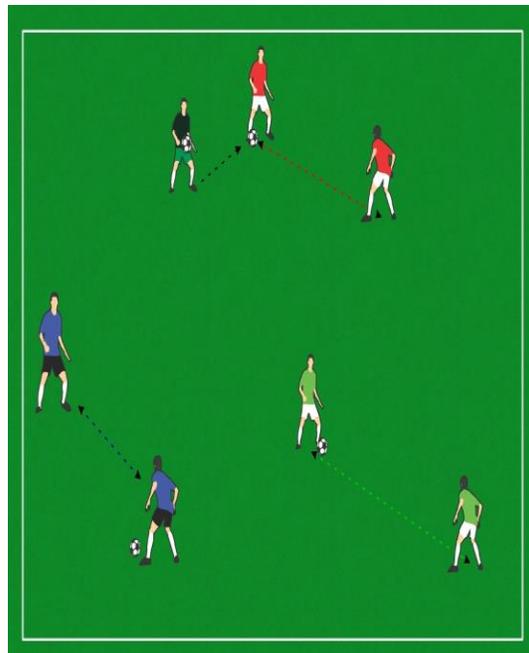
### Instruction:

Break the group up into partners. Each group of players will start by passing stationary in the grid. On Coaches command "Go" players will start passing and moving throughout the grid. Visual Cue: When coach raises both of their hands, players must find a new partner.

Progression: Add Pressure: "Bonkers" will have balls in their hands and try to throw their balls at the passers' balls while the passers try to keep possession of the ball with their feet. If a banker is successful, the player that passed the ball becomes the banker, and the banker changes and becomes partners with the remaining partner.

### Coaching Points:

- Make each player is doing the technical aspects right (ankle locked, hip turned 90 degrees, opposite foot planting towards target)
- Have players focus on the angle in which they need to create to support the passing player.
- Players should focus on the timing of the pass so it does not get intercepted by a player in the middle.
- Reinforce accuracy, weight of pass, and their first touch when receiving a pass.
- Communication is key! (Eye contact and verbal communication)



## Belgium Box -15 Minutes

### Instruction:

Set up a diamond shape with cones about 15 yards away from each other. Place a smaller diamond about 7 yards inside of each tall cone.

**(Progression 1):** Players are to dribble to the small cones in from of their line, turn and pass back to their line with correct form. Players will rotate to the back of their line.

**(Progression 2):** Players are to dribble to the middle, switch balls with the line that is directly across from them, dribble the switched ball back to their small cone, and play a pass back to their line. Players will rotate to the back of their line.

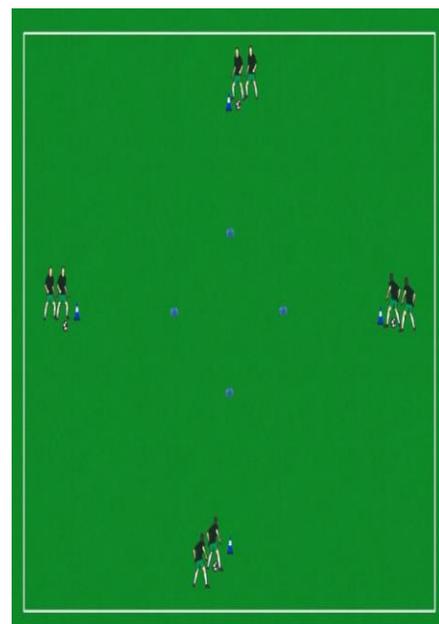
**(Progression 3):** Players are to dribble to the middle, switch balls with the line that is directly across from them, dribble to the opposite small cone, and pass the ball to the opposite line. Players will rotate to the back of the opposite line now.

**(Progression 4):** Players are to dribble to the middle, switch balls with the line that is to the left or right of them (coach will specify), dribble to the that lines small cone, and pass the ball back to the right/left line. Players will follow the ball to the back of that line now.

**(Progression 5):** Players will now have a visual cue to decide to direction to switch. Coach will hold up a 1(Left), 2(Right), or 3(Straight) to determine to direction of switching.

### Coaching Points:

- Make sure each player is doing the technical aspects right (ankle locked, hi p turned 90 degrees, opposite foot planted towards target)
- Have players focus on the angle in which they need to create to support the passing player.
- Players should focus on the timing of the pass so it does not get intercepted by a player in the middle.
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## Possession Grid 1 – 15 Minutes



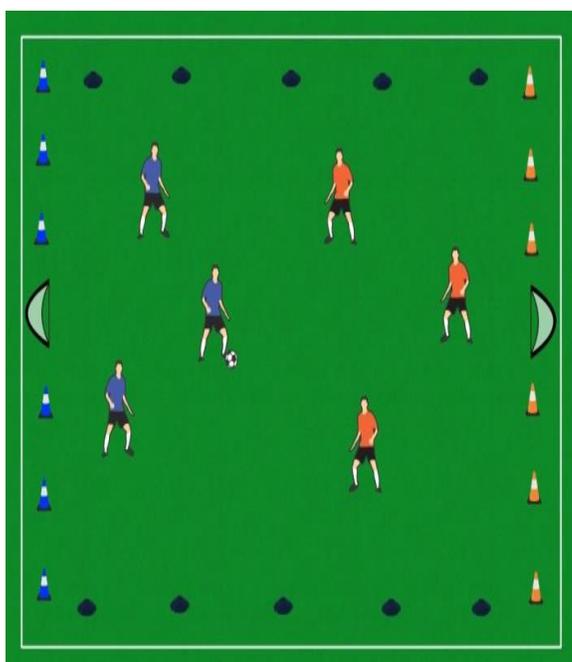
### Instruction:

Setup a 20x20 grid with a cone line separating the two halves. Create 2 teams. Coach will pass a ball in to a team. The object of the game is for that team to keep possession of the ball by passing it around with their teammates. The opposite team is allowed to send 1 defender into the grid to try to steal the ball (either kicking it out of the square or sending it back to their team). If the team that is in possession of the ball is able to get 5 passes, they receive a point. After 5 passes the opposite team can send another defender in the grid (1 defender for every 5 passes). Once the defender kicks the ball away, the play resets and the other team starts with the ball for the 2nd round. Play for about 10 rounds and then claim a winner.

### Coaching Points:

- Make sure each player is doing the technical aspects right (ankle locked, hip turned 90 degrees, opposite foot planted towards target)
- Have players focus on the angle in which they need to create to support the passing player.
- Players should focus on the timing of the pass so it does not get intercepted by a player in the middle.
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## Scrimmage – 20 Minutes



### Instruction:

Setup goals on each end line. Place tall cones on both sides of the pug goals. Make at least 3 teams, with no more than 4 players on each team.

### Rules:

Players must make 3 passes before they can score in the pug goal. Players also have the choice of passing the ball into one of the tall cones with no passing restriction. Switch teams out after 2 goals.

### Coaching Points:

- Make sure each player is doing the technical aspects right (ankle locked, hip turned 90 degrees, opposite foot planted towards target)
- Have players focus on the angle in which they need to create to support the passing player.
- Players should focus on the timing of the pass so it does not get intercepted by a player in the middle.
- Reinforce accuracy, weight of pass, and their first touch when receiving a pass.
- Communication is key! (Eye contact and verbal communication)