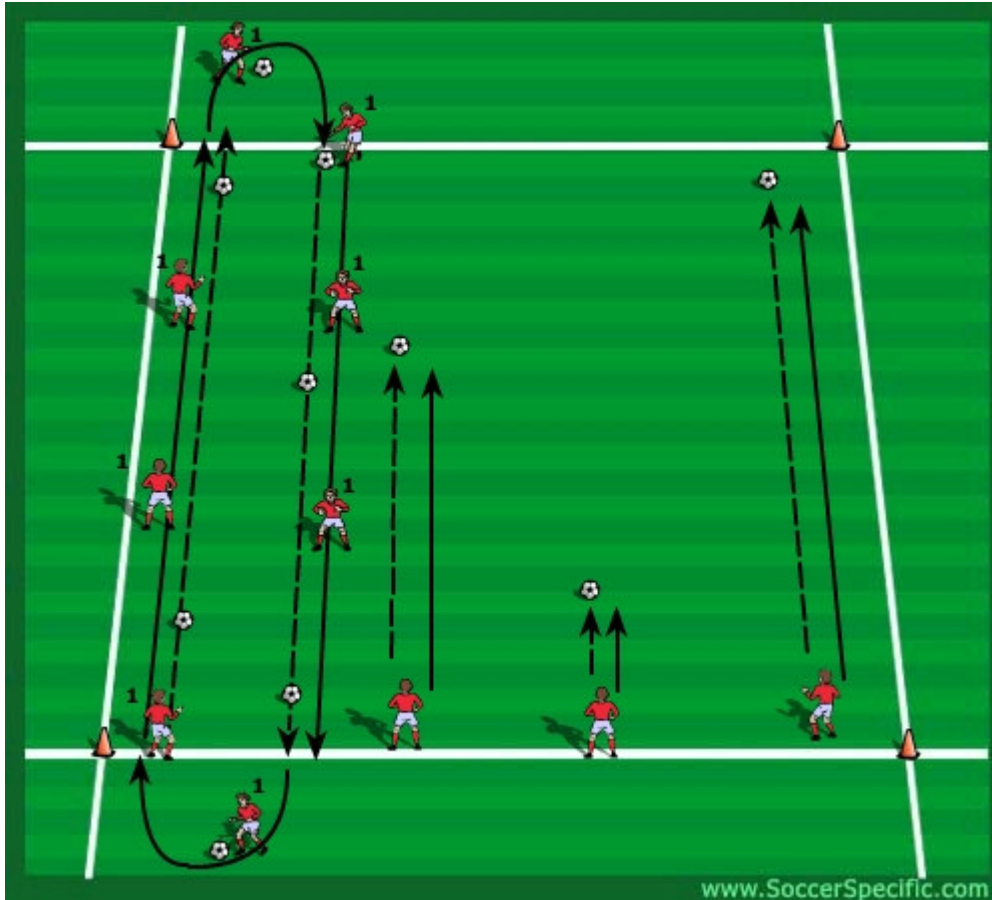


Cliff Hanger

Emphasis: Fun game! Players learn to weight their passes.



Set-up:

Players are in a grided area 15 yards wide by 7 – 15 yards in length, depending on technical efficiency of the players. Each player must have a ball.

Progression:

1. Players are to self pass.
2. The players, as example #1 illustrates should pass a ball to the other end of the grid. If the ball is not properly weighted then the ball and the player fall over the “cliff” (end line). If the ball is not hit strong enough, the player will be required to self pass once again to himself. The proper weighted pass should arrive within a yard of the cliff as the player is arriving.
3. The player then controls the ball turns around and repeats the exercise.
4. Vary the length of the grid as it will change the difficulty of the exercise.
5. Have players use various parts of the foot (inside, outside, laces).

Coaching Points:

- Accuracy of passing
- Decision making
- Weight of passes
- Movement with the pass