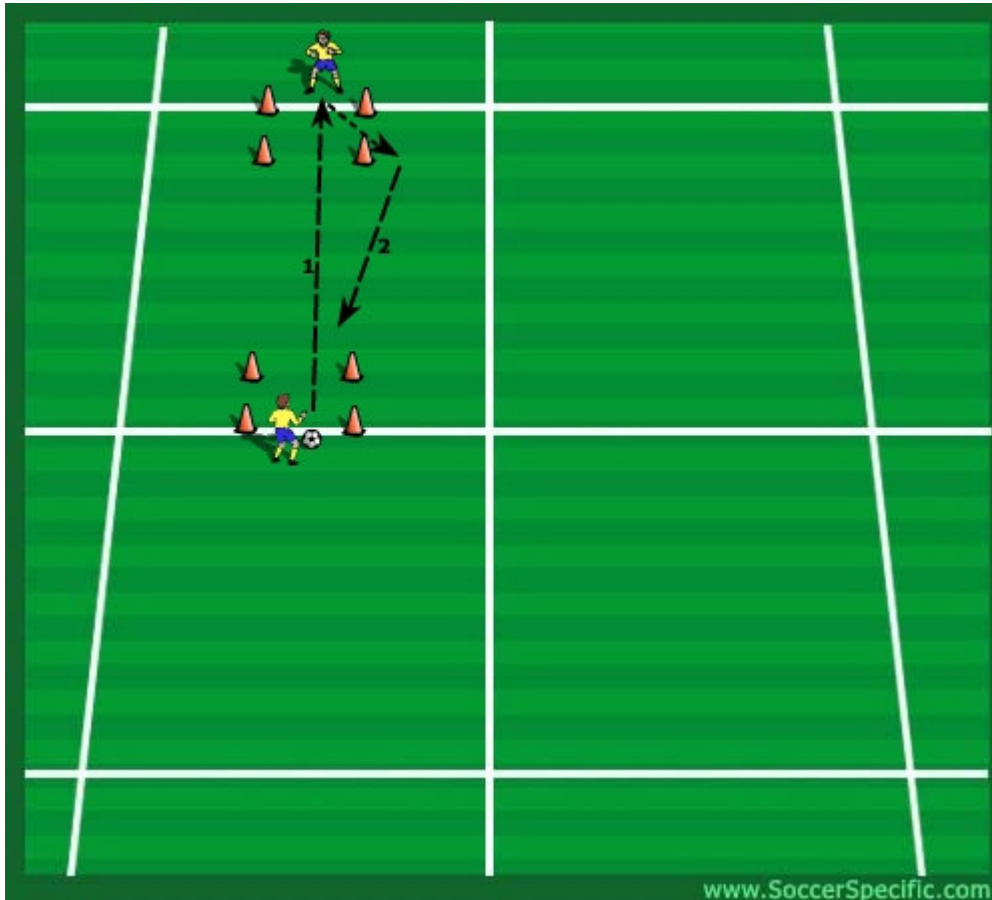


Prepare It, Pass It

Emphasis: Accuracy and weight of passing. Also, the quality of the players preparation touch.



Set-up:

10 x 10 yard grid with 8 cones positioned as shown. The cones are placed to create a 2 yard square at each end of the grid. Players work in pairs with one ball. Repeat setup to accommodate the entire team.

Objective:

Both players must stand behind their square as shown. Player (A) must try to pass (1) the ball through the middle of his partners square. Player (B) must wait behind the square for the ball to arrive. Player (B) must then prepare the ball diagonally through the side of the square before attempting to return the ball (2) to his partner in the same fashion. Preparing the ball diagonally will teach the players to align the ball into the correct position to make an accurate pass. Points are awarded for each successful pass through the square.

Progressions:

1. Reduce the size of the target squares as the ability level increases.

Coaching Points:

- Accuracy and weight of the pass are equally important.
- Strike through the middle of the ball with the inside of the foot.
- The preparation touch on a diagonal will enable players to have more success in their passing accuracy.