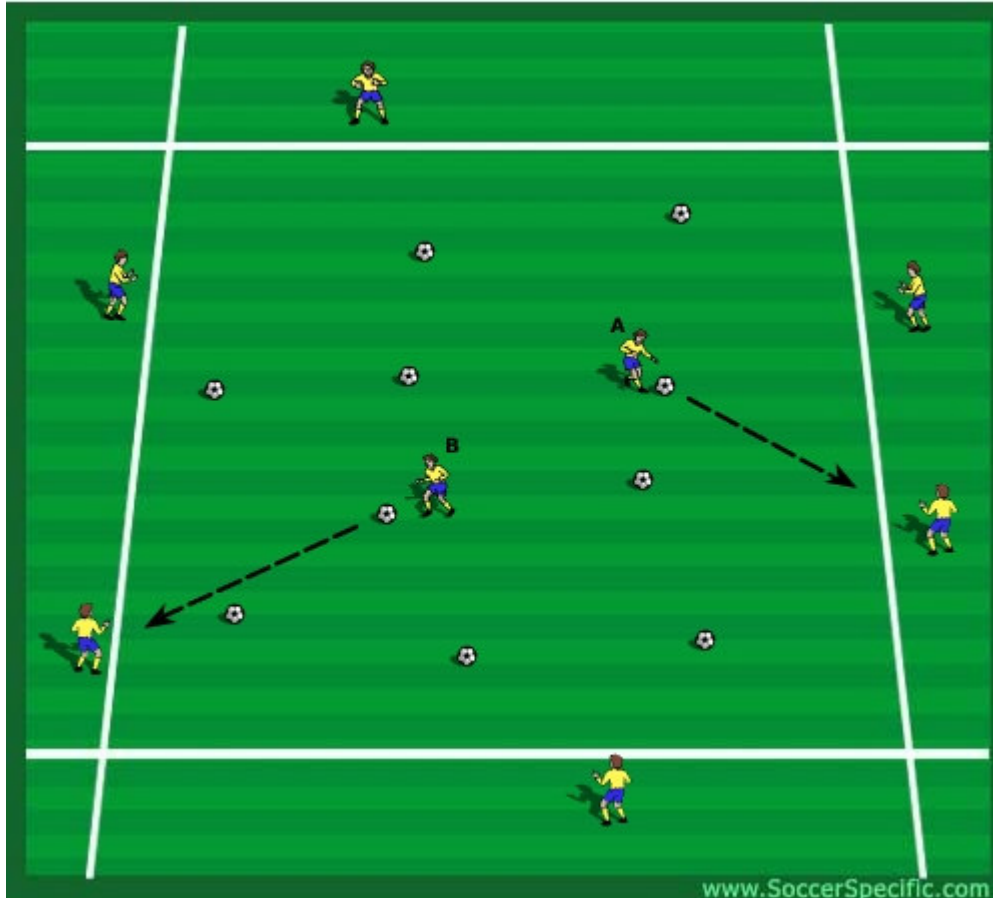


Pressure Passing

Emphasis: Accuracy and weight of one-touch passing combined with game-like changes of speed.



Set-up:

30 x 30 yard grid.
Players work in groups of 8-10. Two players (A,B) are positioned inside the grid: all others (targets) are positioned around the perimeter of the grid. A minimum of 10 balls are spread randomly around the inside of the grid.

Objective:

Players (A) and (B) must try to pass as many balls as possible in a 30 second period to the target players on the perimeter of the grid. Any target player receiving a ball must pass the ball to any open area of the grid. Players (A) and (B) must work all-out for the designated time period. Players should keep score of successful passes to the targets. Rotate two new players every 30 – 40 seconds to allow adequate recovery.

Progressions:

1. Introduce a race format. The first pair to complete 20 passes in 30 seconds wins.

Coaching Points:

- Players should change speeds to quickly get to the ball.
- Accuracy and weight of the pass are equally important.
- Strike through the middle of the ball with the inside of the foot.