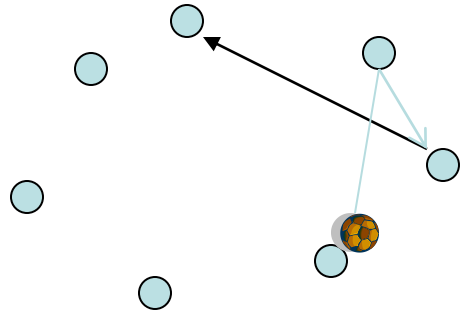
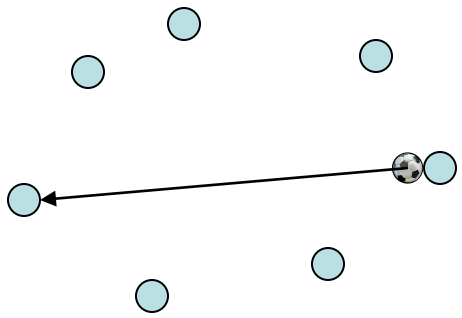
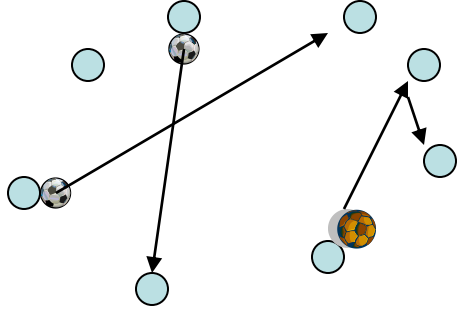




Passing and Dribbling



<p>—> Ball --> Player</p> 	<p><u>Organization</u></p> <p>30 yard circle -1 ball to begin Players pass in the sequence of 2 players up and 1 player back Add more balls Try to get activity to one touch Players check (move)out and check back to receive the pass</p>	<p><u>Coaching Points</u></p> <ul style="list-style-type: none"> •Communication •Readiness to receive •Keep foot in air after the pass to maintain balance •Selection of surface •Strike centre of ball •Lock ankle •Timing of movement – pass 1 back and move out and then back in
	<p>30 yard circle – 1 ball to begin Players dribble across the area Players now perform a fake before getting ball to the next player Players now dribble in a turn and get the ball to a new player Add more balls</p>	<ul style="list-style-type: none"> •Communication •Relaxed body shape on receiving •Change of pace and direction •Deception •Small touches and big after fake
	<p>30 yard circle – two different colored balls to begin Combine activity one and two Ball 1 goes 2 up and 1 back Ball 2 Goes across the area Add more balls</p>	<ul style="list-style-type: none"> •Awareness of ball received •Awareness of open space or team mates



—→ Ball
 ---→ Player

Passing and Dribbling

