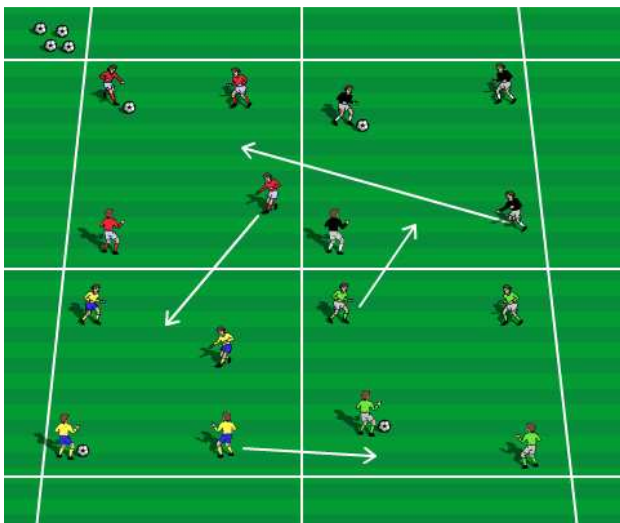




Curriculum – Camp

Activity # - 2813

<b>Topic:</b>	Passing	<b>Age:</b>	All Ages
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Improve players ability to pass and support		



**Organization:**

1. 40 x 40 yard area divided into 4 – 10 x10 yard squares, set up as shown
2. 4 teams, 1 per square
3. 1 ball per team
4. Spare balls nearby

**Description:**

1. Each player in a team is given a number 1 to 4
2. Teams pass their ball inside their assigned square
3. The Coach calls out a number that player must move to the next square (clockwise) to become a defender – 3v1
4. The team that can possess their ball the longest wins the point
5. The first team to five points is the winner

**Coaching Points:**

1. Accuracy of pass
2. Weight of pass
3. Movement to create passing angles
4. Combinations with 1 and 2 touches
5. Using 1<sup>st</sup> touch to move away from pressure

**Progression:**

1. P - Reduce touches when defender is active
2. R – Allow teams one life – e.g. they lose the ball they have one more attempt to possess before the round ends