

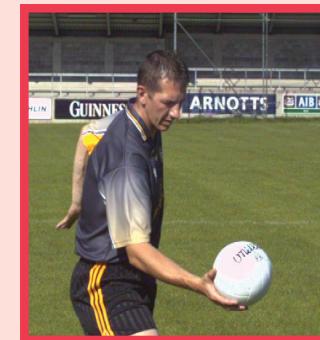
# HAND PASS

The Hand Pass is used to pass the ball over short distances. The technique involves supporting the ball in one hand and striking it with the open free hand.



Support the ball on the palm of one hand in front of the body.

## KEY TEACHING POINTS



Swing back and extend the striking arm. Eyes on the ball.



Lean forward and strike through the middle of the ball with the open hand.

To Coach this Skill use the **IDEA** method

- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback

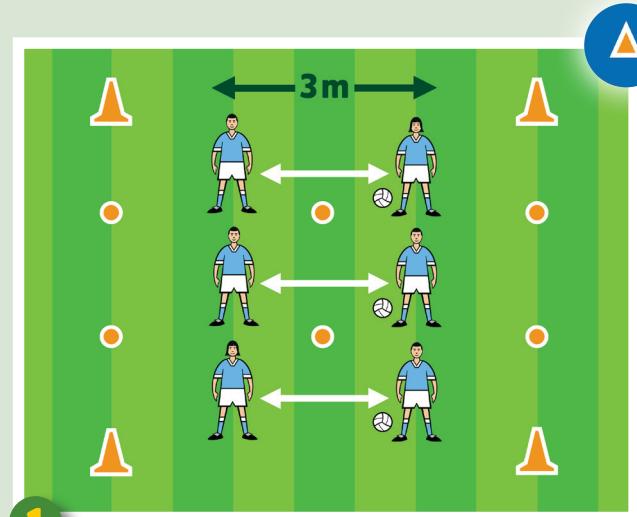


Follow through the strike in the direction of the pass.

## LOOK OUT FOR THESE COMMON ERRORS

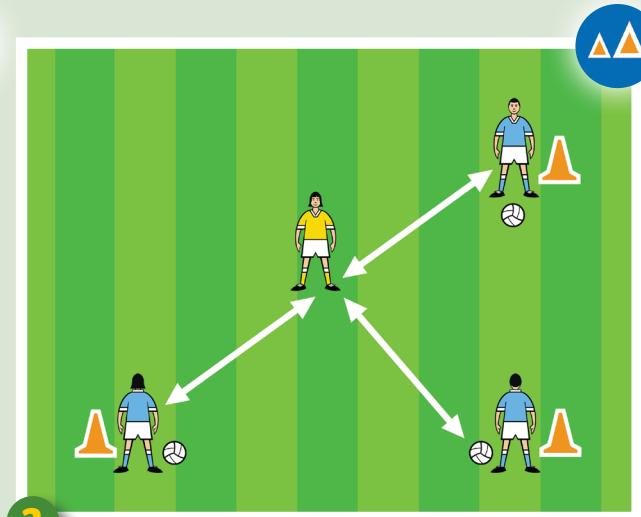
- Striking the ball with the wrong part of the hand
- Not using a definite striking action

## HAND PASS PRACTISE THE TECHNIQUE



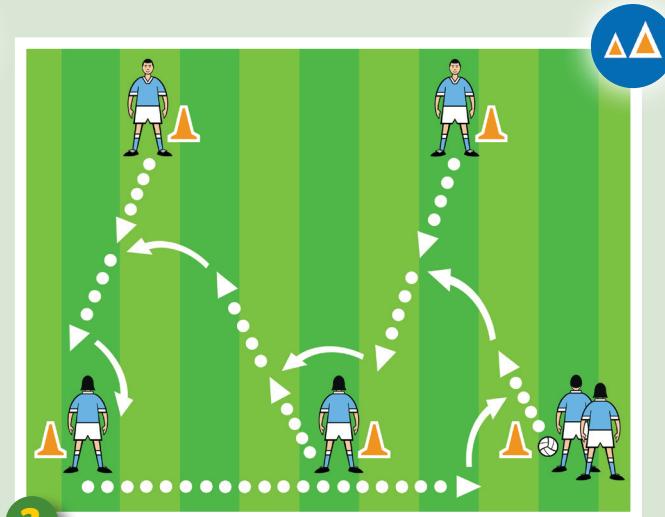
### 1 HAND PASS TO PARTNER

Players in pairs. Each player hand passes the ball to their partner.



### 2 PRESSURE PASS

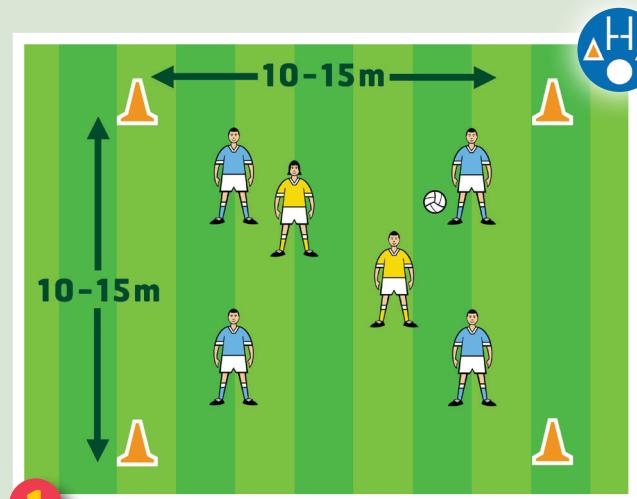
Players in groups of 4. Three act as feeders. Feeders pass in turn to the centre player.



### 3 ZIG ZAG PASS

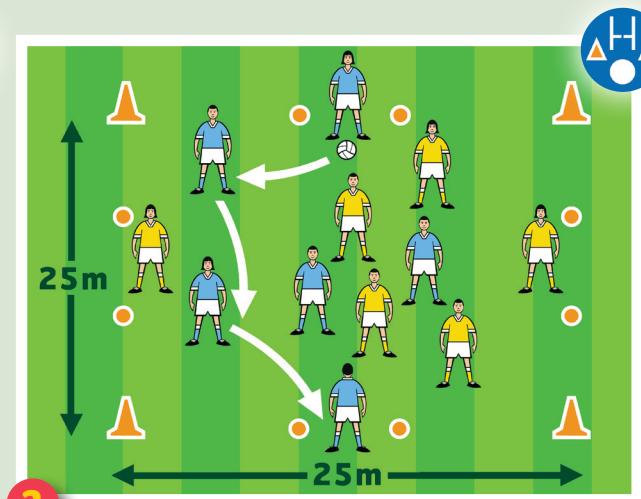
Players hand pass to the next player for them to run on to.

## HAND PASS DEVELOP THE SKILL



### 1 KEEP BALL

Divide players into two teams. Team in possession hand passes the ball to keep possession. Opponents attempt to intercept.



### 2 CAPTAIN BALL

One player from each team acts as goal receiver. To score players must hand pass for receiver to catch.

## VARIATIONS

The STEP method is a simple way to vary any activity, game or drill.

**S**pace **T**ask **E**quipment **P**layers

**S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity

**T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules

**E** alter the equipment - use a bigger or smaller football, or playing against a wall may increase or decrease the challenge

**P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

### DESCRIPTIVE ICONS



Basic  
Drill



Intermediate  
Drill



Advanced  
Drill



Fun  
Game



Modified  
Game



Game Play  
Routine