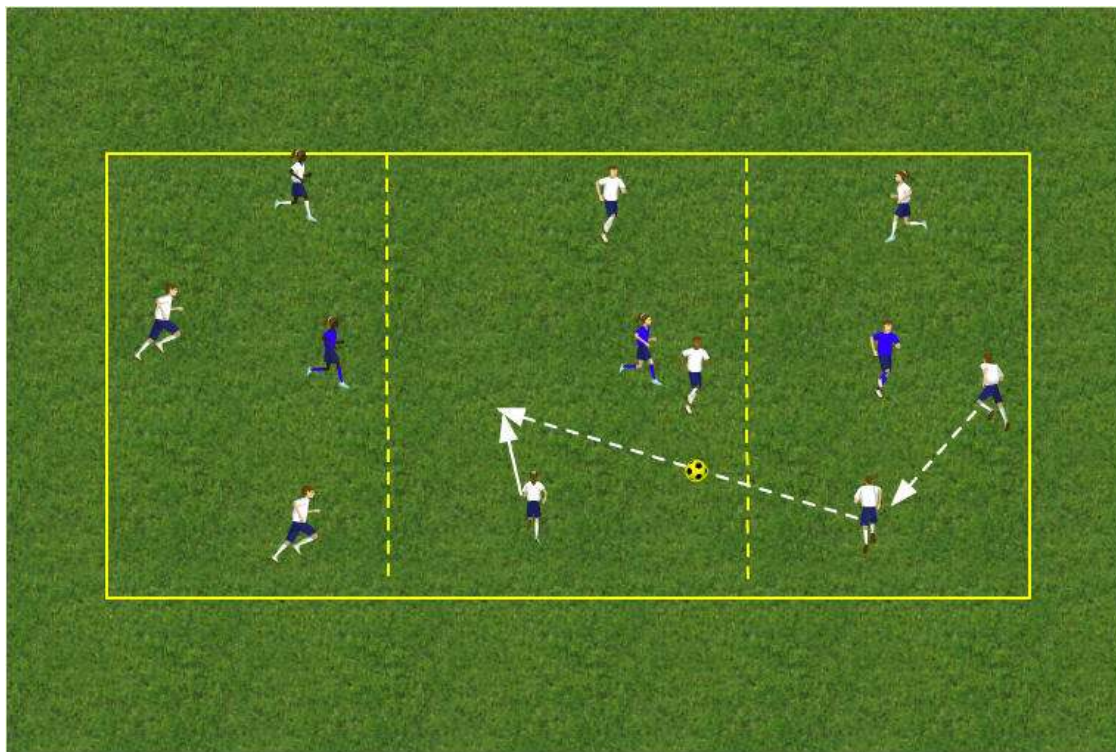


## A PRACTICE TO IMPROVE THE SKILL OF FORWARD PASSING

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

Mark out an area of 40 x 20 yards, with 2 x 10 yard grids at either end. The area can be adjusted to suit the age and ability of the players. There are a total of 12 players. To start the session, position 3 attacking players in either end grid and 3 in the middle grid. There are 3 defenders, who can go where they want to defend. Whenever a ball is passed from one grid to another one player from the grid the ball has been passed from and one player from the middle area must rotate positions.

The practice starts with the ball in one of the end grids being passed forward to a runner from the middle area.

### KEY TECHNICAL ASPECTS

Assess defenders position \*Head up to assess passing options \*Decision on the correct technique for the forward pass \*Timing, weight and accuracy of pass \*Straight passes for diagonal runs, or diagonal forward passes for straight runs \*Timed runs to provide targets for the forward pass \*Accuracy and weight of pass \*Decisions on first time forward passes, control and pass or whether to pass forward or pass backwards or square before passing forward \*Support for the passer to provide options \*Communication between players

