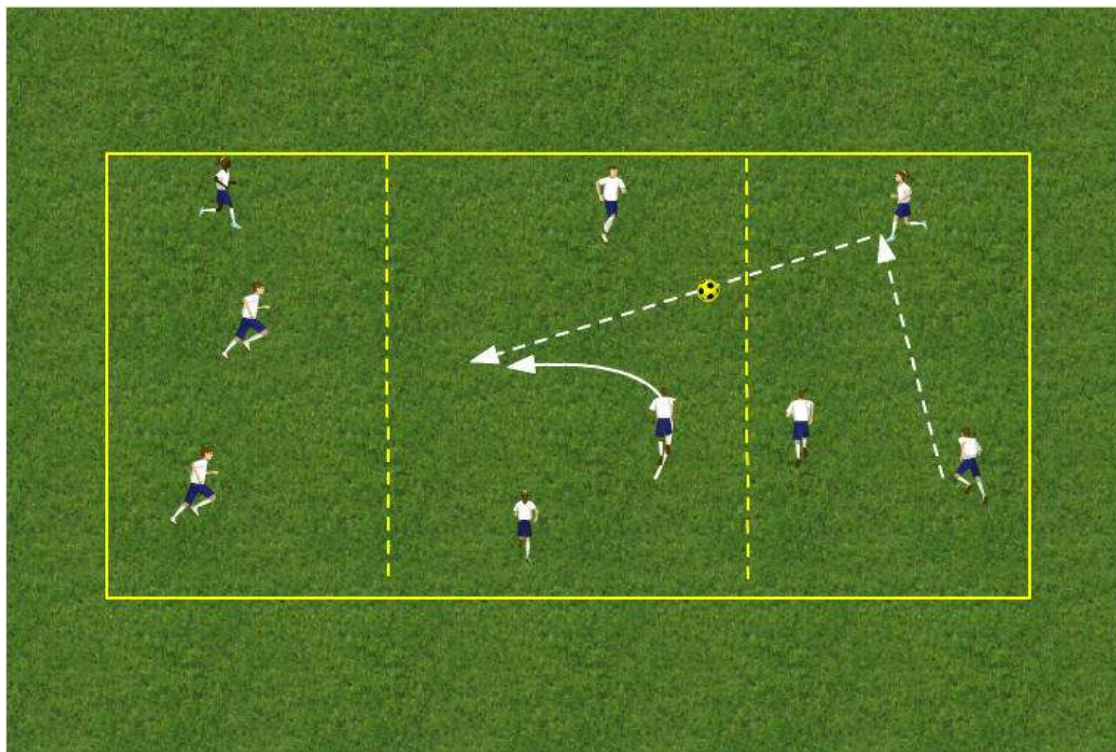


A PRACTICE TO IMPROVE THE TECHNIQUE OF FORWARD PASSING

The following practice has been designed using 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 9 players. To start the practice, position 3 players in either end grid and 3 players in the middle grid. Whenever a ball is passed from one grid to another, one player from the end grid the ball is passed from and one player from the middle area must rotate positions.

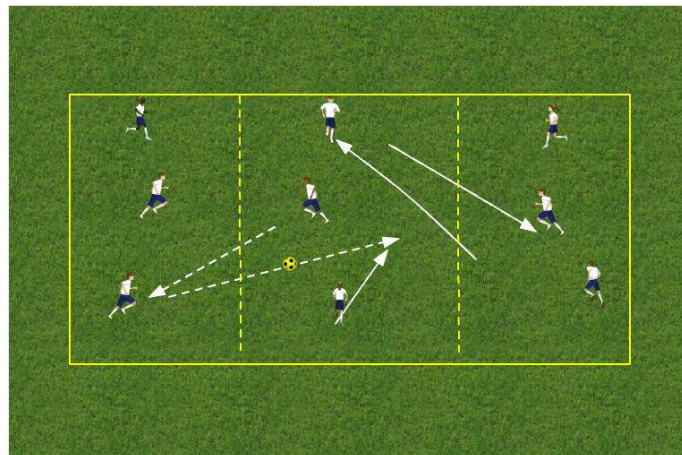
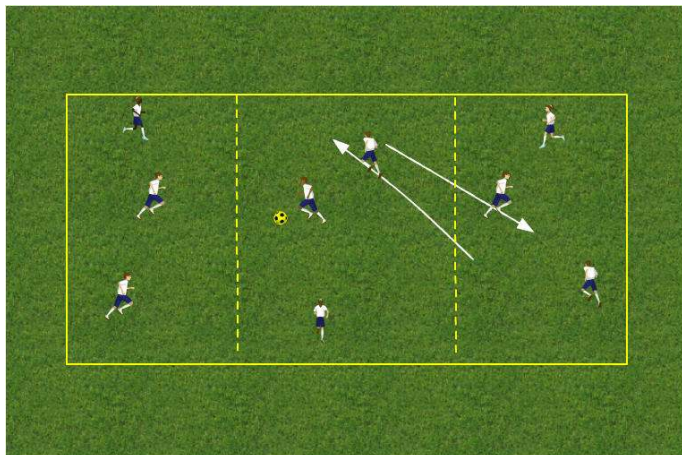
The practice starts with the ball in one of the end grids being passed forward to a runner from the middle area.

KEY TECHNICAL ASPECTS

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, pass backwards or pass square before passing forward *Support for the passer to provide options *Communication between players

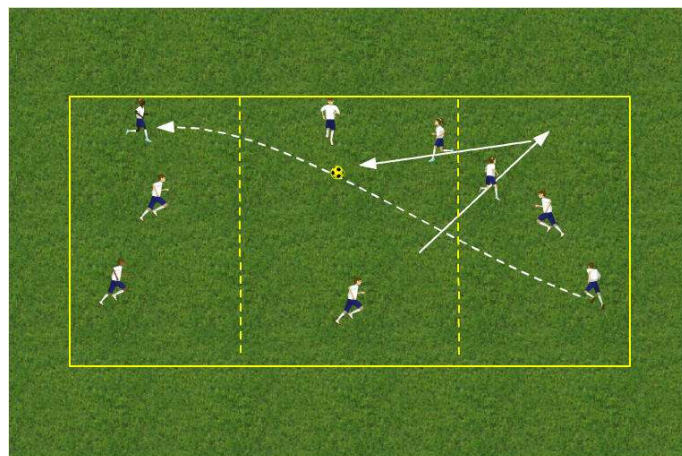
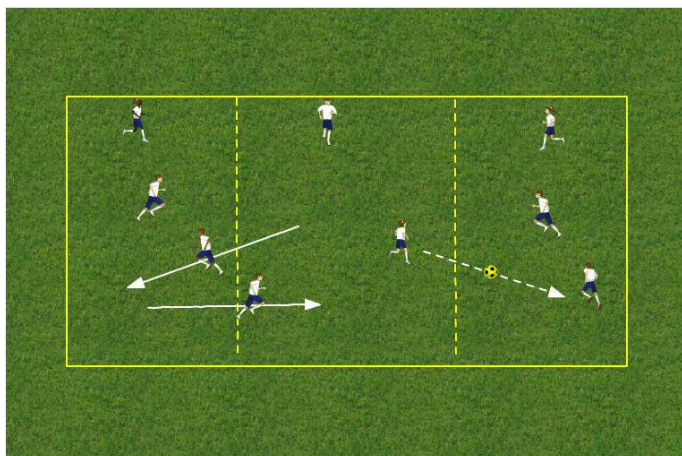
Progression # 1 – A player from the end grid rotates position with a player from the middle grid

Progression # 2 - The ball is now passed forward to a player in the opposite end area. The players in the end grid should look to provide movement and targets for the passer. The ball is now passed forward first time for a forward runner.



Progression # 3 – The ball is passed forward to a moving target in the opposite end area. A player from the middle area and the end area where the ball has been passed from again rotate positions.

Progression # 4 – The target player chooses to make a first time long forward pass directly to the opposite end area. Players rotate positions



PROGRESSIONS

Condition the practise to a maximum of two touches *Progress to a skill

www.grassrootscoaching.com is a website dedicated to helping Football Coaches of all levels around the world to improve and advance their coaching skills. For more information and access to our library of 100's of 4D fully interactive coaching drills please visit the website.