

# BOSS OF THE BALL PASSING

## STAGES COVERED BY ACTIVITY

Stages 2, 3 & 4- 6-14 year old players

## THEMES & COMPETENCIES

Theme:

- + Passing and receiving.

Competencies:

- + Passing over a short distance.
- + Receiving the ball with the feet.

## WHY USE IT

Players must work in groups and use their passing skills.

## SET UP

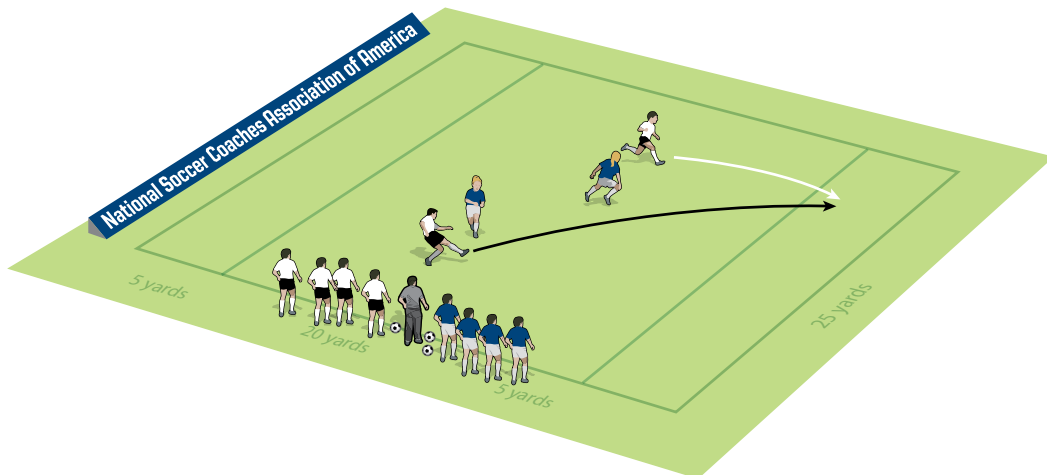
25x20 yard grid with cones in the corners. 5 yard end zones are on each end line. The coach is in the middle of the touchline with all the balls. Players are split into 2 teams wearing different colored vests and lined up on either side of the coach.

## HOW TO PLAY

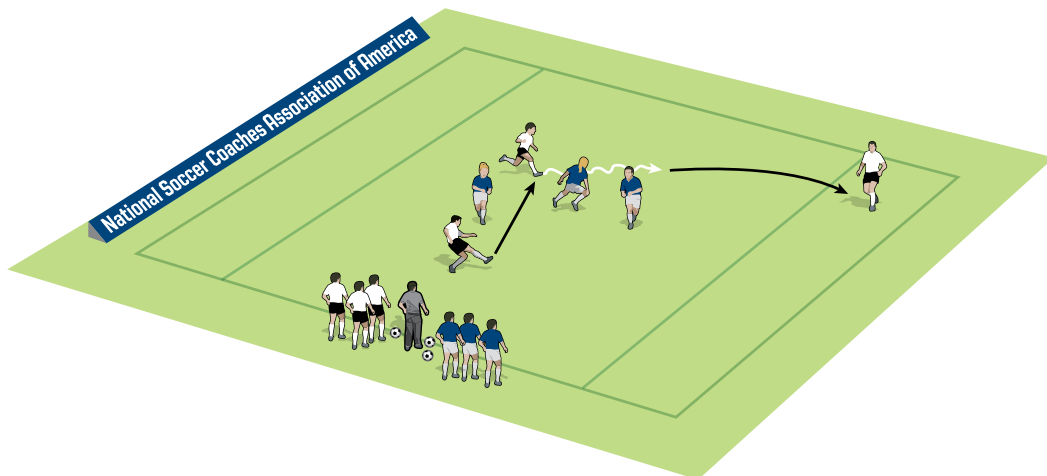
The coach calls out a number and that number of players must enter the field of play. One team defends one end zone and the other team defends the other. Teams get a point for each time they can complete a pass to someone in the opposition's end zone.

## COACHING NOTES

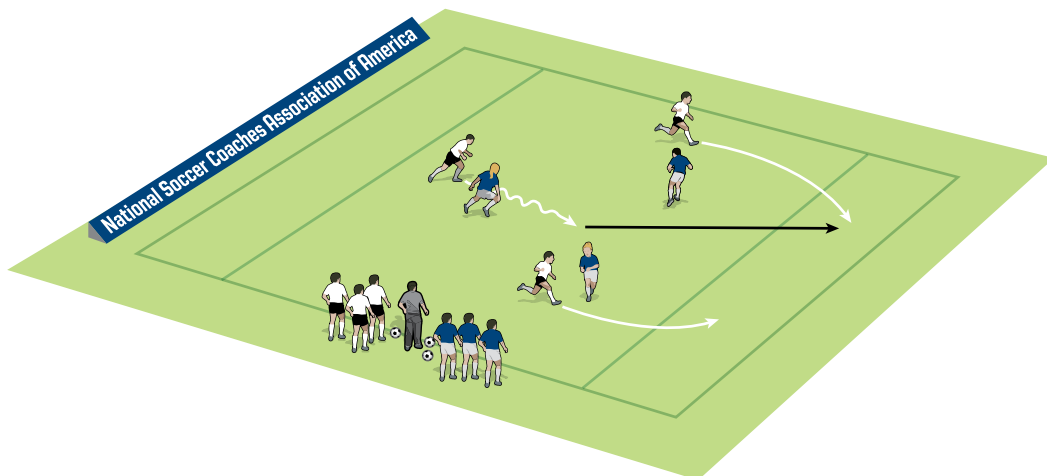
- + Main coaching objectives - players must work together using their passing accuracy and timing of their runs
- + Coaching tips - instead of stopping play, coaches can use the time that players are waiting in line to give instructions
- + Adaptations - if there are more than 4 players waiting in a line look to create a second grid for play



- + Supporting players change their pace in order to lose defenders.
- + Player on the ball must use the proper weight of pass.



- + First touch to go forward.
- + It is important to engage a defender to set up a pass.



- + Points awarded if players receive the ball as they are running into the end zone.
- + Discuss the importance of the timing of runs.

