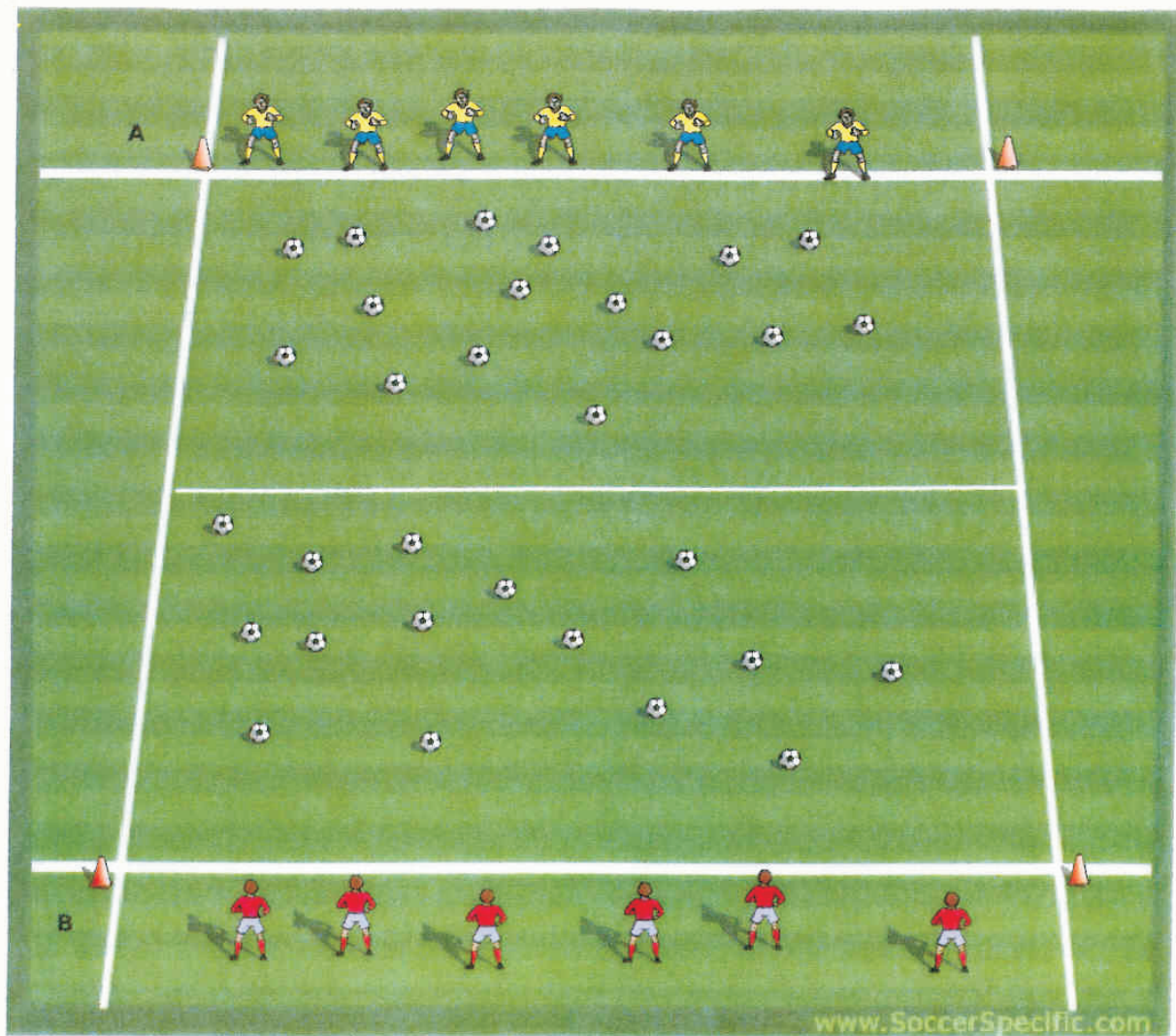


Pass the Buck



Purpose: Working on the weight, speed and technique of passing

Organization

1. Balls are placed in each side of the grid
2. When the coach shouts, "GO", players run from the end line to a ball in their own half and pass it into opponents half, then run back to the end line and repeat process
3. The game is played for two minutes
4. At the end of two minutes the balls are counted up in each half one point is assigned to a ball in the opposite half
5. Team with the most balls in opposite halves wins

Coaching Points

1. Use the inside of the foot
2. Ankle locked follow through with the pass
3. Angle of approach
4. Work on weight of pass so it stays in opposite grid