PASSING FOCUS

9-3-09 U10G PRACTICE FLYING CLOUD 6-7:30

I. WARM UP

A. SHADOW PARTNER - LEAD W/O BALL, FOLLOWER W/ BALL, ARMS LENGTH

1. SLOW FLOWING MOVEMENT 1ST, QUICKER ZIGZAGS 2nd

B. PAIRS FIGURE 8 - 1ST PLAYER PERFORMS 2 CONSECUTIVE FIGURE 8'S AROUND CLOSE CONES, LEAVES BALL FOR PARTNER. MANY TOUCHES!

C. PAIRS SMALL BOX - 1 MINUTE → AS MANY TOUCHES / TURNS AS PISS.

D. PAIRS TRIANGLE CHASE - 4 YARD CONE TRIANGLE, TAG PARTNER

II. PASSING → REINTRODUCE PROPER TECHNIQUE

A. IN PAIRS - BLOCK TACKLE

B. PAIRS - SHORT PASSING THRU GATE

C. PAIRS - SHORT PASSES KEEPING BALL IN MOTION

1. CONTROL TOUCH OUT TO SHOULDER, ADJUST, PASS...

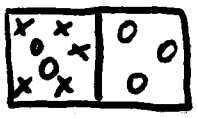
D. PASS & MOVE - TRIANGLES SQUARES OR PENTAGONS → ONE OPEN CONE

1. MOVEMENT TO OPEN CONE AFTER PASS

2. MOVEMENT TO OPEN CONE TO RECEIVE PASS

III. TRANSFER BOX - LARGE FIELD, BISECTED

SET UP 2 →



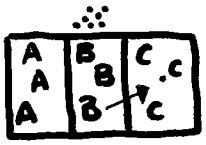
- O'S TO GAIN POSSESSION FROM X'S & PASS BACK TO OWN AREA
- X'S TO KICK ABOUT FOR MAX # OF PASSES
- 5 V 2 OR EQUIVALENT

IV. 3 BOX GOAL GAME

SET UP 2 →

3 TEAMS, PASS INTO PLAYER IN OWN BOX TO SCORE

V. 3 LINE GAME



3/4 CLEAN PASSES TO PLAY THRU.

VI. 4 V 4 W/ PLAYER ON WING. BALL TO HER BEFORE GOAL / STRAIGHT 4 V 4