

Description

Social distancing passing in pairs technique

Screen 1

Set up: 6 boxes 5 x 5 m (example of size) with an imaginary electric fence in the middle

(Shaded area) Only the coach can go inside there because coaches have a super human electric shield.

Sequence:

Player with the ball passes to the opposite player.

Which group can get the most passes in 60 seconds.

Switch players who start the passing sequence.

Switch passing partners.

Coaching tip: Possibly look at pairing players who can pass the ball together and give them a challenge.

Coaching points:

Demonstrate to the players the correct technique to pass the ball (with the large part of the inside of the foot)

Demonstrate to the players the correct technique on how to control a pass (with the large part of the inside of the foot)

Encourage the players to use both feet.

Encourage players to be move after they pass.

Progressions/variations:

Players must take a minimum of 2 touches,

Encourage players to use both feet to pass.

Don't allow the ball to stop

Competition: Who can get the most passes in a nominated time for example 60 seconds.

Reward players who are trying their best to pass but don't get the most amount of passes.

