

Description

Social distancing passing in pairs technique

Screen 1

Set up: 6 boxes 5 x 5 m (example of size)

Sequence:

All players set up as shown with a ball each.

Using Box (1) as the example

On the coaches call GO!

The first player from the top end runs with the ball to the opposite end, that player then runs with the ball to the other end and repeat the sequence.

Coaching points:

Demonstrate and encourage the players to use both feet when running with the ball.

Encourage the players to keep their head up when running with the ball.

Competition:

First group to go through 3 sequences is the winner.

Progressions/variations:

Players use less dominant foot.

Place cones, poles in the middle as shuttles.

Players at either end must face the opposite way and the player running with the ball calls the new player in (Box 2)

Use 1 ball (Box 3)

Coaching tip: Place the better players in 1 group but give them a challenge for example they start the sequence at minus 2.

Competition: Who can get the most running/passing sequences in a nominated time.

Reward players who are trying their best to pass but don't win the races.

Everyone's a winner

