

Dribbling and Passing

Age group 8-11 years

Practice Organisation:

Area 20x20 yd, set out as illustrated

12-14 players with a ball each and 2 additional players with a ball between them

Start position:

Players spread out around the square

Players move freely whilst dribbling within the area

The pair of players with one ball between them move within the square passing to each other, avoiding dribbling players

Detail:

Passing players will need to assess appropriate techniques, passing first time, moving ball under control to create passing angles and spaces

Players should be encouraged to be courageous and unorthodox on occasions in executing passes in tight situations to develop higher skill levels

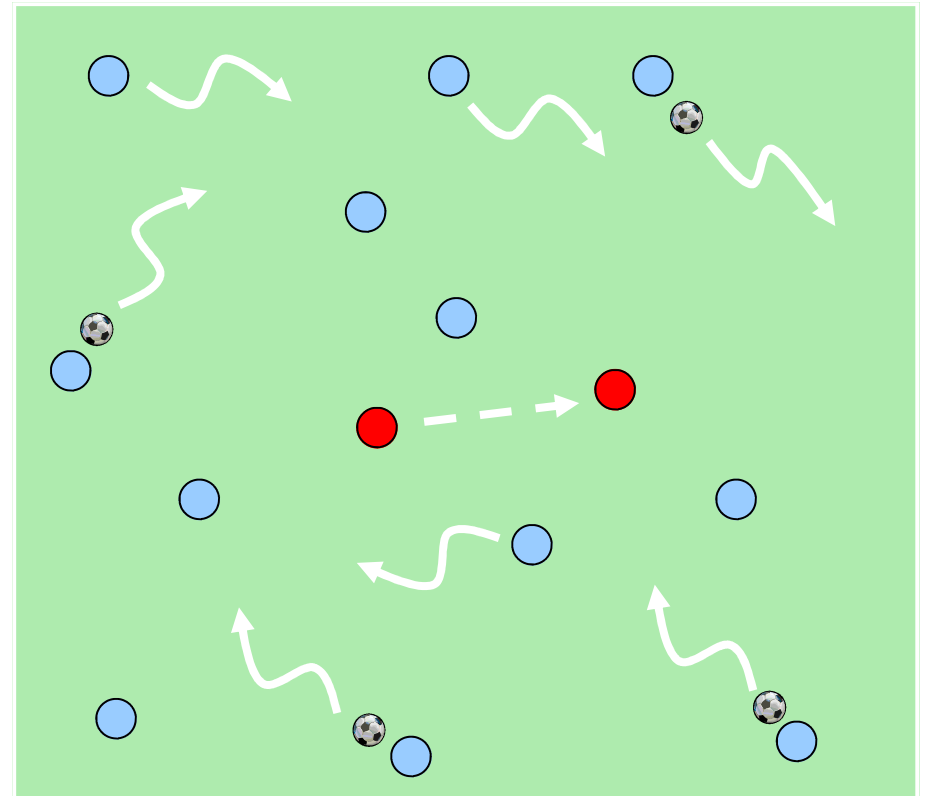
Simple progressions for this practice could include:

Reduce area within which players operate

Add more 'pairs' passing amongst the dribblers

Add more dribblers

Increase number of combining passing players (to 3's, 4's etc)



Key coaching points

Looking up to assess and identify clear passing opportunities

Recognition of space and time to execute accurate passes

Ball protection whilst seeking opportunity to pass

Passes must be delivered through rather than players moving around the square

Recognition of different weights to put on passes relative to space and time available to execute