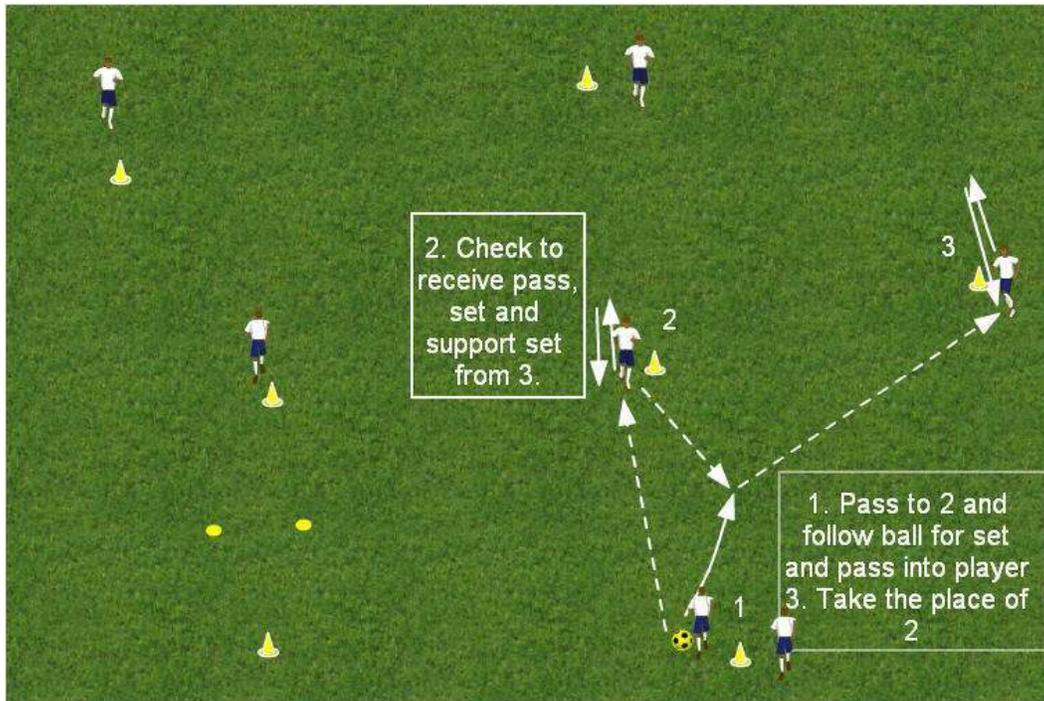


A PRACTICE TO IMPROVE PASSING SUPPORT AND TURNING

The following practice has been designed using www.grassrootscoaching.com Coaches Chalkboard.

ORGANISATION

This practice involves 6 or 7 players. Position cones as outlined in the graphic, with a player on each cone. Start with one ball, but progress to 2 balls. If there are more players in your squad, do the session with two groups. The distance between the cones and the number of players can be adjusted to suit the age and ability of the players.



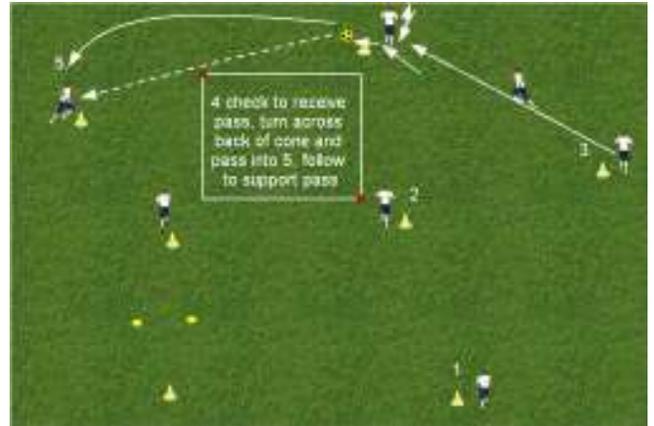
KEY TECHNICAL ASPECTS

Accuracy, weight and timing of pass * Check to receive the pass * Angle and distance of support * Communication, both verbal and with body language * Turning with the ball across the back of the cones * Turning round cone, running with ball and reverse pass

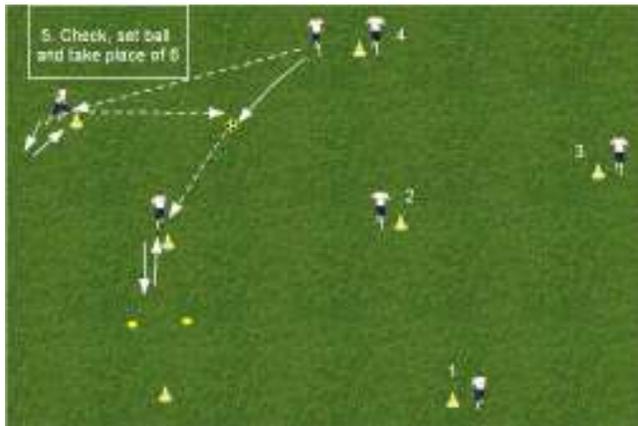
Progression #1 - Player 1 passes to 3 and takes the place of 2. Player 2 sets and supports set from 3.



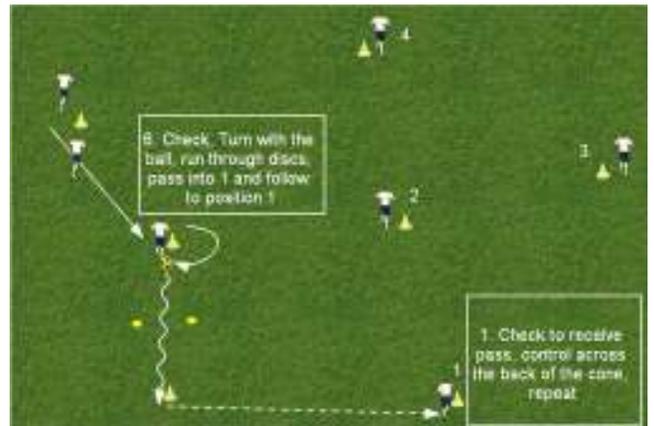
Progression #2 - Player 2 takes the place of 3. Player 3 takes the place of 4. 4 checks and controls ball across the back of cone. **Variation:** Ball can be set back from player 4 to player 3 and passed across to player 5



Progression #3 - Player 4 passes to 5 and follows to support set. Player 5 checks and sets ball for 4



Progression #4 - Player 4 passes into 6 and takes the place of 5. 5 takes the place of 6. 6 checks and turns round cone with ball, then runs through discs before reverse passing into 1. Repeat. **Variation:** Player 6 can either turn with the ball, or set it back for player 5 and make a timed run to receive the forward pass. Player 6 can also run with the ball, through the gates, round the cones and pass the ball into player. The session can then be repeated



PROGRESSIONS:

Add a second ball *Use wrong foot *Vary the distance between cones