

5 PASS GAME

OBJECTIVE – TO DEVELOP EVASION, DECISION-MAKING AND BALL FAMILIARISATION SKILLS

How to Play

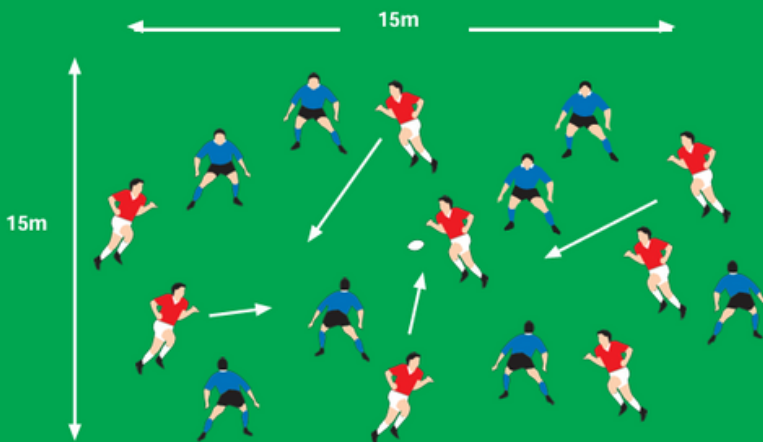
- First team to complete five passes gets a point.
- The team in possession must touch the ball on the ground before passing to another team mate (variations can be applied).
- The defending team's aim is to stop the ball from being passed or to force an inaccurate pass.
- Ball carrier cannot move with the ball (variations can be applied). Players are free to move within the grid if they do not have the ball.
- If the ball touches the ground or is intercepted by the defending team then it is a turnover.

Coaching Points

1. Hands in the ready position, with palms facing the ball and thumbs together.
2. Catch the ball in their hands.
3. Ball remains off the shirt.
4. Follow through on pass towards target.
5. Accurate communication between attacking team players.
6. Finding space to receive the pass - movement off the ball.

- 1 Ball
- 1 Stack of Cones
- 8 Bibs

Suggested Time: 15 Minutes



FUN, FRIENDLY
AND
FEARLESS... **ONE
PASS AT A TIME**

Progressions

- Ball carrier cannot pass back to the player they have just received it from (harder).
- Ball carrier can take ten steps before passing (easier).
- Once ball carrier passes the ball, they have to run outside the grid before re-entering into the game (harder).
- Increase the number of passes that have to be made (harder)