

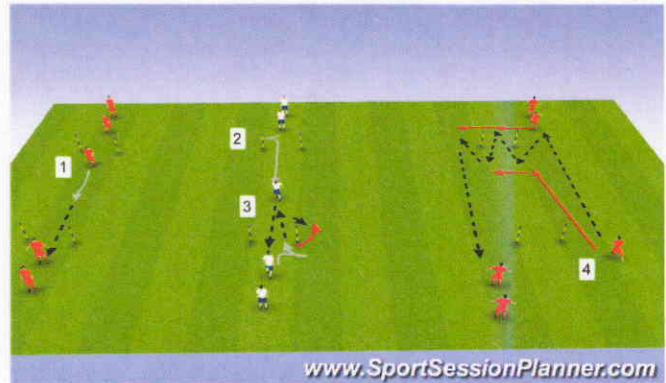


Description

Teaching technique in detail

Passing Patterns

- 1) Dribble half way at pace - pass to next player who receives on the move at gate
- 2) Dribble half way - pass - receiver hides ball and dribbles out
- 3) Dribble half way - pass - receiver hides ball and gets out with wall pass
- 4) Long pass down channel - follow for 2 wall passes - comes out other side *if group is ready



3:3 + 1 to targets

3 Minute Games

- 1) Play to target - target gives to defending team
 - 2) Play to target - multi directional
 - 3) Play to target - support and carry into end zone
- Emphasis on simple play, passing and receiving technique already covered



6:3 possession

6:3 Possession

- coach controls balls in
- 4 passes a point
- short segments - minute to minute and a half

