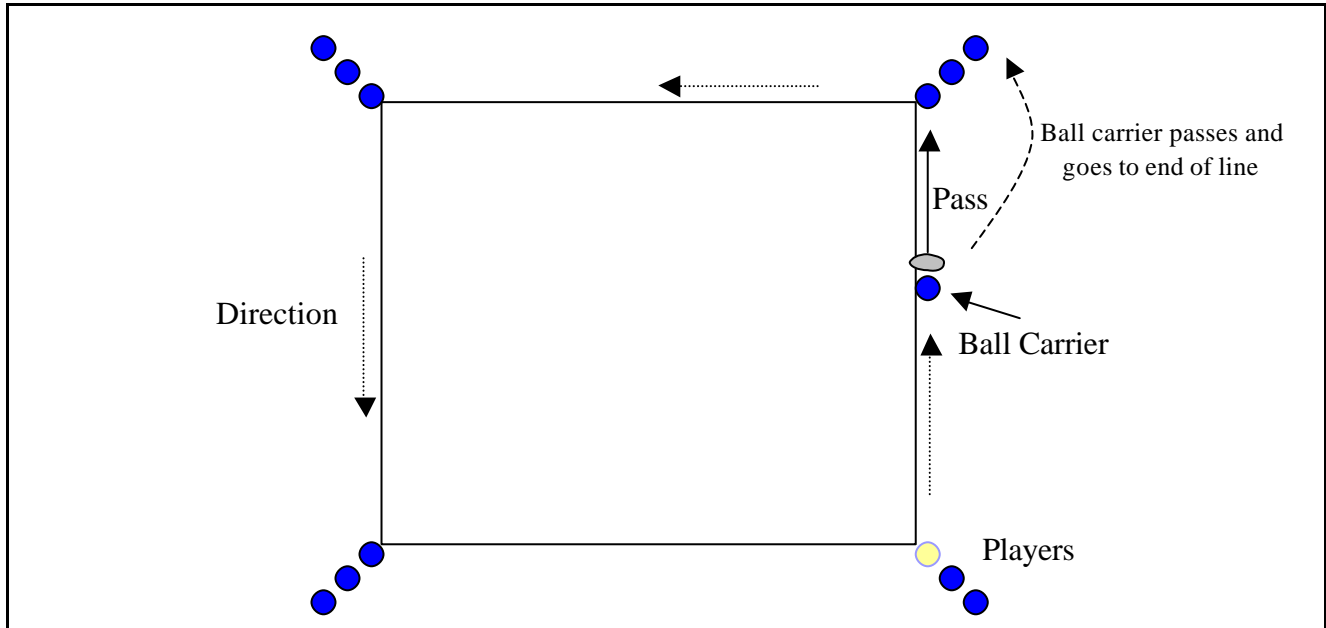


Drill Name		Run And Pass - Simple Square						
Objectives		Practice quick passing on the move, communication and coordination.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
12	Grid	10 x 10	1	10	10			



Description

1. Stand players at each corner of the grid.
2. The first player at any corner is the ball carrier.
3. The ball carrier runs with the ball towards the next corner.
4. When they are within passing range (say 1-2 metres), they pass the ball to the first player at this corner.
5. The previous ball carrier goes to the end of the line at this corner.
6. The new ball carrier runs to the next corner and passes again. Activity is continuous.

Progression

1. Switch direction
2. Introduce second ball – one ball must not catch-up with other ball!
3. Place a marker to force longer passes.
4. Races – one group vs another – each team has to pass the ball once, twice – fastest team to complete circuit wins etc.

Set-Up

1. Mark out a grid.
2. Divide player into 4 groups and situate at each corner of grid.

Key Factors

1. Both hands on ball
2. “Pop” pass.
3. Hands up to catch the ball – targets
4. Call for pass – “my ball”.