



## Dummy Half Passing

### Equipment required:

5 footballs and 10 cones

### Aim:

To teach players the basics when passing the ball from the dummy half position.

### Key Teaching Points

- Hand Placement on the Ball – holding like a Hamburger
- Bend from your knees, not your back, when getting to the ball to perform the pass
- Step towards the target using the leg closest to target
- Follow through with hands/fingers to target – Pistol style
- Receiver has hands up creating a target for the passer

### Action:

Players stand opposite each other 3m apart facing the same direction and pass the ball back and forth. The pass is made with the ball on the ground replicating a play the ball situation.

### Progression:

increase the distance of the pass e.g. 5m, 7m, 10m.

Players to pass left to right and right to left.

When the distance of the pass is increased to over 5 meters players should be encouraged to throw a spiral pass. Players should adjust their grip on ball accordingly. For example, if passing a spiral pass right to left then the players left hand is at the front of the ball on the bottom left side and the right hand at the opposite end of the ball on the top back right side.

