



## Passing and Catching on the Run

### Equipment required:

4 cones and 3 Footballs

### Aim:

Players to develop their catching and passing skills while running

### Action:

In groups of 4 players are passing the ball both right to left and left to right while jogging down the field – approx. 15m in distance. The next group of players follow. Players are approximately 3m apart side to side.

### Key Teaching Points:

- Players to pass off outside leg, Hand Placement on the Ball – holding like a Hamburger.
- Follow through to the target with their hands, very important. Receiver should have their hands up to create a target for the passer and to off their chest and as early as possible.

### Progression:

Players alternate positions in the line so they are passing and receiving the ball from different positions.

Increase width of pass – 5m, 7m, 10m, which will introduce the different passing styles i.e. non spiral or spiral depending on length of pass. Ball can be passed back and forth quickly in same grid using quicker and shorter passes. Additional plays/moves can be added to movement once developed.

