

# NUMBERS GAME PASS AND MOVE

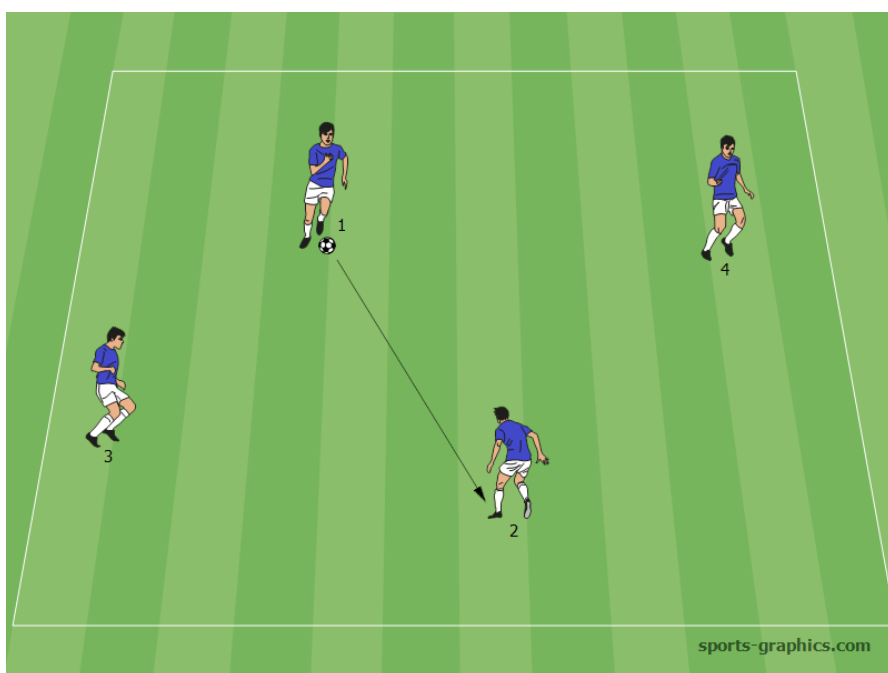
Develop passing and receiving techniques

TECHNICAL

PSYCHOLOGICAL

## Passing

## Combination Play



Set up a 20x20 playing area or adjust the size for number of players.  
Number players one to four.  
Players pass a ball within the area in sequence of their player number.  
Players should be calling out their number early and with confidence.

## VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

## LEARNING OUTCOMES

- Angles and distances of support. Does the player on the ball see a clear pathway to pass to a teammate?
- Correct passing technique.
- Correct technique to receive.
- How to support the ball correctly.
- Improve team work.
- Passing angles.
- To learn when to release the pass (timing).
- To work within a team unit with an agreed outcome.
- Understanding of spatial awareness.

## KEY FACTORS

- Communication
- Good angles and distances of support
- Good first touch
- Head up
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique
- Stay light on feet

## FOCUS AREAS

- Action on releasing pass to fellow attacker.
- Decision of what choice of pass.
- Encourage communication between the players.
- Execution and weight of pass.
- Good first touch.
- Good movement to show for the ball.
- How to control the ball to gain an advantage.
- Keep the ball moving.
- Let the game be the teacher.
- Observe the session from outside the grid to identify and make necessary improvements.
- Quality of the pass - accuracy, weight and timing.
- Team work and communication.



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