Passing technique games

Pass & rolloutSlap & RunDiamondSquares

1. Pass and rollout – 3 players per strip
    1. 2 positioning cones
    2. Defender passes to attacker
    3. Attacker runs at defender
    4. When attacker gets to defender they roll out
    5. Attacker has to "keep" the ball for 3 secs
    6. Attacker then passes back to "guard"
2. Focus
    1. Accuracy of pass initially
    2. Neutral stick and ball out in front
    3. Quality and pace of rollout
    4. Ability to defend the ball for 3 secs
3. Progression
    1. Increase pace
    2. Competition how many times do you lose the ball

    1. Slap and run – 5,7,9 players per game
        1. 5 positioning cones
        2. Players slap the ball to the player on the next cone
        3. Passing player then runs onto the net cone
        4. Final player then runs WITH ball back to cone 1 and sequence starts again
    2. Focus
        1. Pace/Accuracy of pass
    3. Progression
        1. Start with pushes
        2. Then slaps then hits
        3. Increase pace
        4. Competition – count how many sequences

1. Diamond – 6 players (anymore and game is too slow)
    1. 4 positioning cones
    2. Attacker carries ball from one cone to the next and PUSH passes on the run to the next in queue
    3. Recipient player receives on the run and then immediately pushes to the nex queue
2. Focus
    1. Pace/Accuracy of pass
    2. Collect on the run
    3. Pass on the run
3. Progression
    1. Start with pushes
    2. Then slaps
    3. Increase pace
    4. Competition – count the no of rounds

1. Squares – 5 players per game (to keep sequence)
    1. 4 positioning cones
    2. Players PUSH pass the ball to the cones
    3. Next player runs in to collect
    4. As soon as possible PUSH passe the ball to the next cone
2. Focus
    1. Push passing on the run
    2. Receiving on the run
    3. Pace/Accuracy of pass
3. Progression
    1. Pace of push
    2. Speed of sequence
    3. Competition how many sequences

Pass and Rollout

Slap & run

Receive left
Pass right

Diamond
Pass on the run