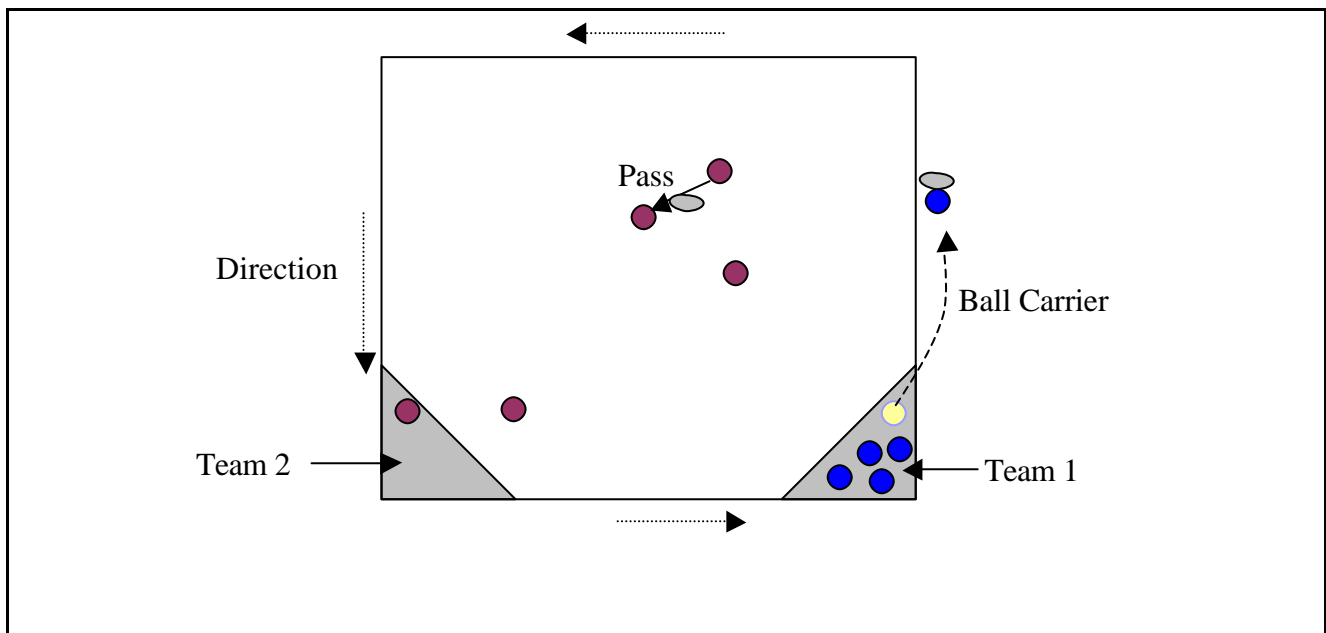


Drill Name		Quick Pass Challenge						
Objectives		Competitive drill to encourage quick accurate passing and teamwork. Places a passing skills head to head against running ability						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
12	Grid	10 x 10	1	10	10			



Description

1. Team 1 are "runners" and Team 2 are "passers".
2. Coach shouts, "go" and throws ball into grid.
3. All players in Team 2 must leave their home zone.
4. Any player in Team 2 picks up the ball and passes to team mate.
5. As soon as ball is passed this player can return home. Next player passes ball and returns home and so on.
6. Last player to receive ball in Team 2 may run home.
7. Meanwhile, one runner from Team 1 must try and run around the outside of the grid, carrying a ball, and get back to their home zone.
8. If the runner gets home before all of Team 2 get home, a point is awarded. Otherwise team 2, the passers, get the point.
9. Swap runners and passers over when all runners have had a go.
10. If odd numbers, first player must make 2 passes before they can return home.

Progression

1. Team 2 must ground ball before passing.
- 2.

Set-Up

1. Mark out a grid.
2. Mark out "home-zone" for team 1 and team 2 by creating two triangles as shown.
3. Divide into two equal teams.
4. Each team starts in home-zone.

Key Factors

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