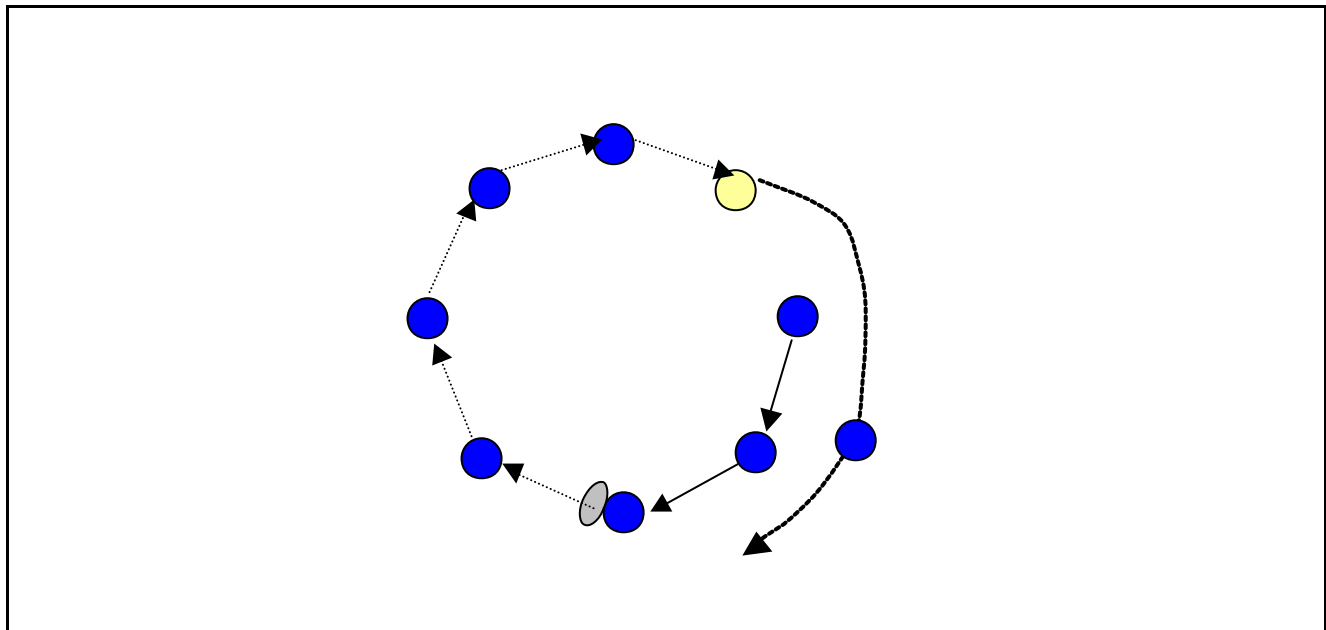


Drill Name		Passing Circle						
Objectives		Practice defence in a restart or when the ball is being passed following a tackle.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
None	None	N/a	1	5-8	10			



Description

1. First player passes the ball to next player in circle
2. First player runs around circle to get back to starting position.
3. Other players pas the ball around the circle and try to beat the initial player by getting the ball back to the starting point before the first player.
4. Next player in circle takes the challenge.

Progression

1. Make circle bigger for longer passes
2. Make runner go backwards, hop, jump etc..

Set-Up

1. Organise players into circle.
2. One player starts with ball

Key Factors

1. Accurate, quick passing.
2. Hands ready to receive pass – hands up, targets.
3. Correct lateral pass technique.

