

## **PASS AND MOVE**

**Purpose:** Allows players to work on movement, passing and receiving. Players learn how to support the passer and how to open up their body to make the next pass.

**Organization:** Create a 20\*20 grid and split it into 4 -10\*10 grids shown in the diagram. Separate players in 4 teams of 3.

**Directions:** Players move around the grid dribbling and then looking to pass to a teammate. Once a pass is made the player must move to an open space within the grid.

**Coaching Points:** Have players create width and depth – play to the lines as far and wide as they can. Have players play along the lines and ensure they do not stay in the one spot. Have them travel along the lines to provide proper angles of support. When making the pass ensure proper weight of pass. Receive the first touch out of pressure so the next pass is easier to make. Make sure when they are receiving the ball that they can see the whole grid as to make the best choice for the next pass. Once they make their pass have them move into an open space.

### **Progression:**

- Limit number of touches to two touches
- Play wall passes

