



## Pass and Movement Grid #1

Category: Technical: Passing & Receiving

Difficulty: Moderate | Start Time: 03-Jan-2025 09:45h

Duncan Hawkins, Crossfield, Canada

### Description

This is a passing grid designed to introduce the concepts of control, look, pass, and move. This session drill can be introduced at a U9 level and still be used in the older age groups with an emphasis on quality of the pass. There are stages to this session such as:

Stage 1- general pass and movement

Stage 2- alternating left foot/ right foot receiving and passing

Stage 3- one-touch only

Stage 4- more balls being introduced into the passing grid

### Pass and Movement Grid #1- Set-Up (20 mins)

**OBJECTIVE:** Get players to pass the ball and move after the pass (follow the pass).

**PLAYER ACTIONS:** Pass and move.

**ORGANIZATION:** In a 25W x 15L grid, set up cones as shown in the diagram with short pass set-up inside the grid and the longer passes on the outside of the grid. A player will be positioned on each cone. Drill starts with the ball being first passed by player (A) to player (B). Once player (B) receives the pass, player will run to the cone of player (B) while player (B) will now pass the ball to player (C) and run with the pass. Continue passing and movement with the next player at spot (A). At the top of the grid, these are longer passes to help strengthen the longer pass in a game.

**RULES:** No walking through the drill. This is meant to help get players to learn that the sport requires a good pass but also players need to move into a position to receive a pass. Players are to ensure they move quickly after making a pass. This is to simulate quick transition with the ball.

**KEY WORDS:** Focus on passing the ball to teammate. Move to space and get ready to receive a pass. Avoid standing flat-footed. Always be ready for the pass.

**GUIDED QUESTIONS:** Where should you aim with your pass? What part of the foot do you make good contact with the ball for a good pass? Where should the ball be positioned to your body for you to make a good pass?

**ANSWERS:** Aim at player's foot or slightly in front of the player to help set-up the second pass. Look to make contact with the ball on the inside of your passing foot just below midway of the ball to keep the ball on the ground. To pass the ball properly, the ball should be just in front where your leg will kick in the direction of your pass.

**Note:** The cone at the top of the grid, there is an option for players to try a skill i.e., let the player move towards the pass and allow the ball to go through their legs; quickly turn to the ball and complete the pass to the next cone. Also, depending on the number of players, the grid may have to be shortened to ensure there are enough players to complete the activity correctly.

Progression of this drill will include the following:

- Left foot/ right foot receiving/ passing (depending on the cone the player is on). For example, player (B) will receiving the pass on the left-foot and pass to player (C) from the right foot.
- One-touch passing and including a second ball in rotation to challenge the players to be alert after the make a pass and move through the grid. This progression should not be forced.
- Add more balls into the passing grid to allow players to focus on not just the ball that is in front but what might be coming their way from behind.

*The players need to be able to execute the fundamentals. Players should get quicker through the session. Look to also start on the opposite corner to receive, pass, and move in the opposite direction.*

