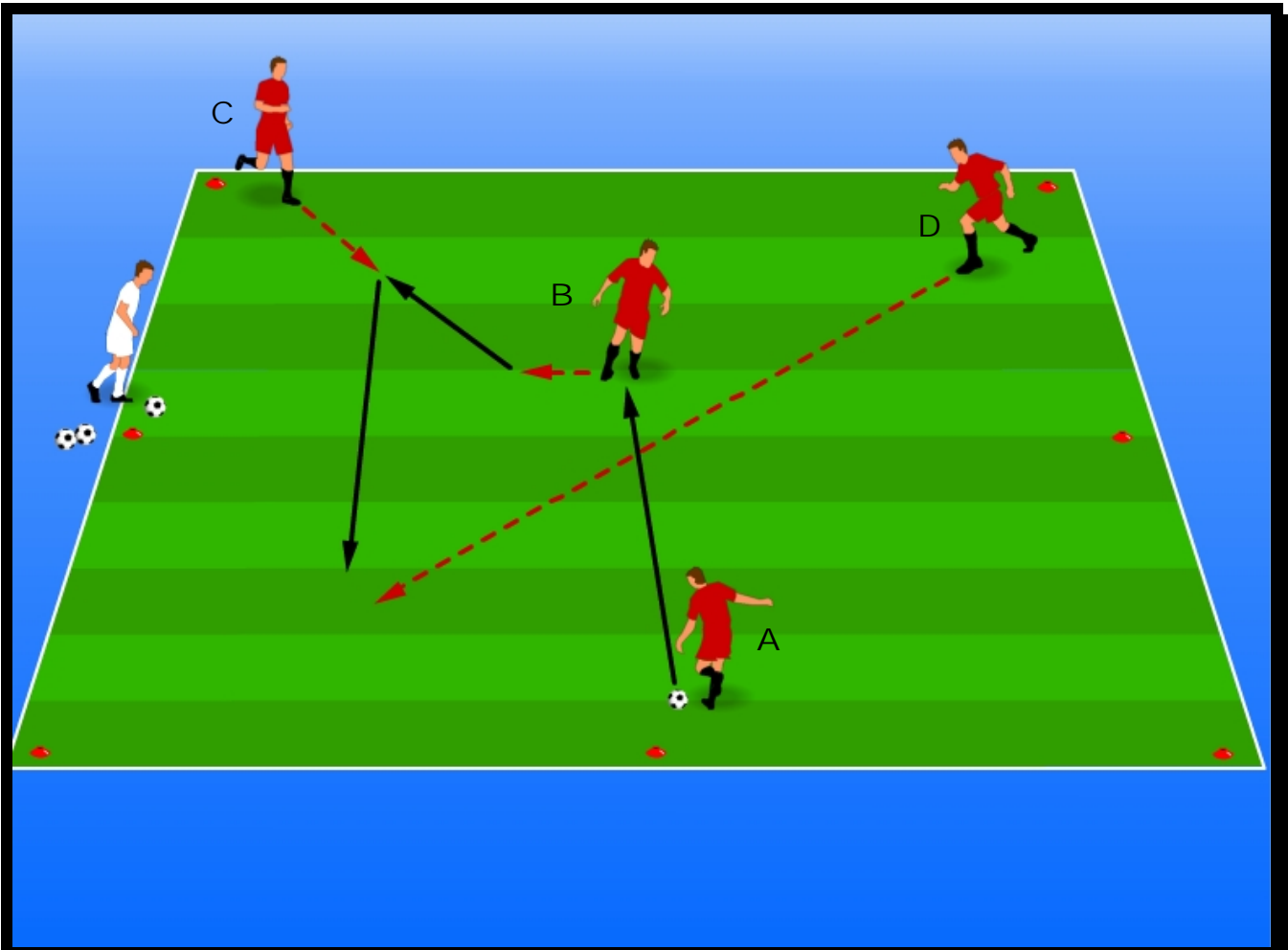


Thru Pass Circuit

Fundamental

Passing Patterns



Set Up: Four players are set up inside of the grid, starting at the cones.

Procedure: Player A begins play with a pass up to Player B. Player B turns and plays it back to Player C, who makes a thru pass to the corner to Player D (during the drill, Player B can make the back pass to Player C or Player D). After running onto the thru pass, Player D returns the ball to Player A, who moves to the right side of the grid, re-forming the 'Y' formation. After five minutes, the players should rotate over to a new starting position.

Teaching Topics:

- 1 Turning.
- 2 Timing the runs.
- 3 Speed of play.

Progressions:

- 1 Run two groups at the same time.

Coaching Points:

- 1 Player B must be able to turn and pass accurately within two touches.
- 2 Player D should start his run as soon as he sees Player B turn away from him.
- 3 Play a one touch thru pass so that Player D doesn't have to wait for the ball.