

ACTIVITY #1

Set up: NSCAA 4 Corner Passing 1

Groups of 5 players

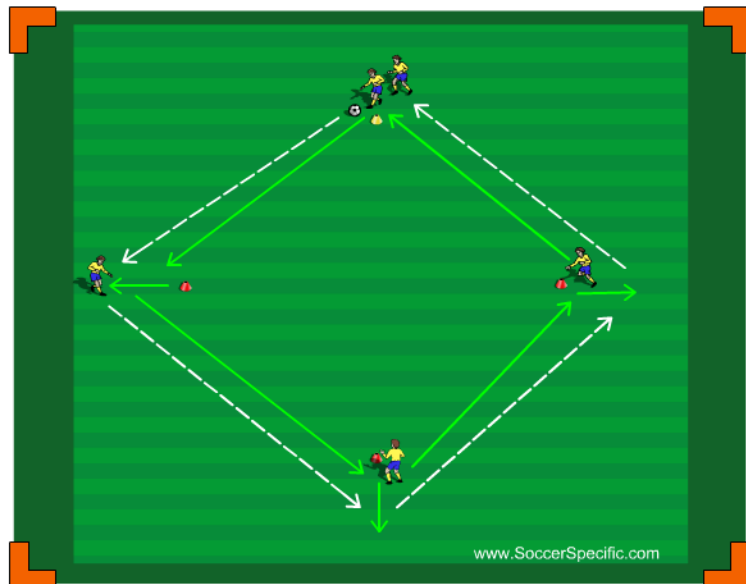
4 Cones 10-15 Yards apart

Instructions: Two players start at the yellow cone and one player each at the red cones. Ball starts at the yellow cone. First player in line play a pass counter clockwise and follows their pass. Player receiving backs away from the cone opening their hips as they receive the ball to play the way they are facing and then they continue the direction of the pass and follow their pass. After a few minutes change the direction so player are passing and receiving with the opposite foot.

Coaching Points: -Play the pass with pace

-Timing of the movement off the ball (receiving player should move as passer has received the ball and head is looking up to play.

-Receiver should open hips as the receive the ball to make it easier to play the direction they want to play



ACTIVITY #2

Set up: NSCAA 4 Corner Passing 2

Groups of 5 players

4 Cones 10-15 Yards apart

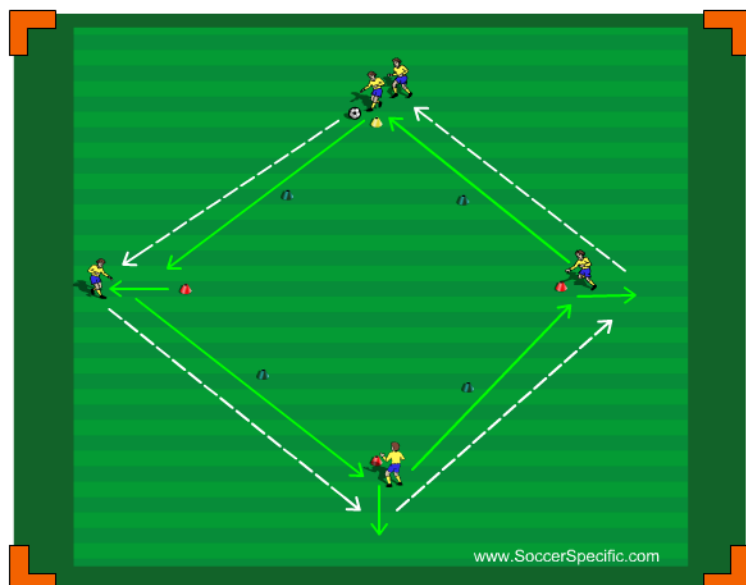
Instructions: In this phase the activity is set up the same but this time we add an element of pressure by passing for speed against the other groups. Each group starts their ball at the yellow cone where the 2 players are. Each time the ball passes all the way around back to the yellow cone you get a point. The first team to get 5 points is the winner. Play a few times and then switch the direction so players are passing and receiving with the opposite foot.

Coaching Points: -Play the pass with pace

-Play the pass to the receiver's front foot to keep the game moving fast

-Timing of the movement off the ball

-Receiver should open hips as the receive the ball to make it easier to play the direction they want to play



ACTIVITY #3

Set up: NSCAA 4 Corner Passing 3

Groups of 5 players

8 Cones 10-15 Yards apart from red cone to red cone

Instructions: In this phase we add more pressure by adding a defender. In between each of the cones you will drop another blue cone. This time after a player plays the pass they become a defender and tries to close down the receiver. They must play the pass before they get to the blue and can not cut in between the corner cone an blue cone to win the ball. They must go around the corner cone. If they get a tackle on the ball before the player can pass, that player must do 3 knees to chess and then the game continues.

Coaching Points: -Play the pass with pace

-Play the pass to the receiver's front foot to keep the game moving fast

-Timing of the movement off the ball

-Receiver should open hips as the receive the ball to make it easier to play the direction they want to play