

Moving targets

Passing to players on the run

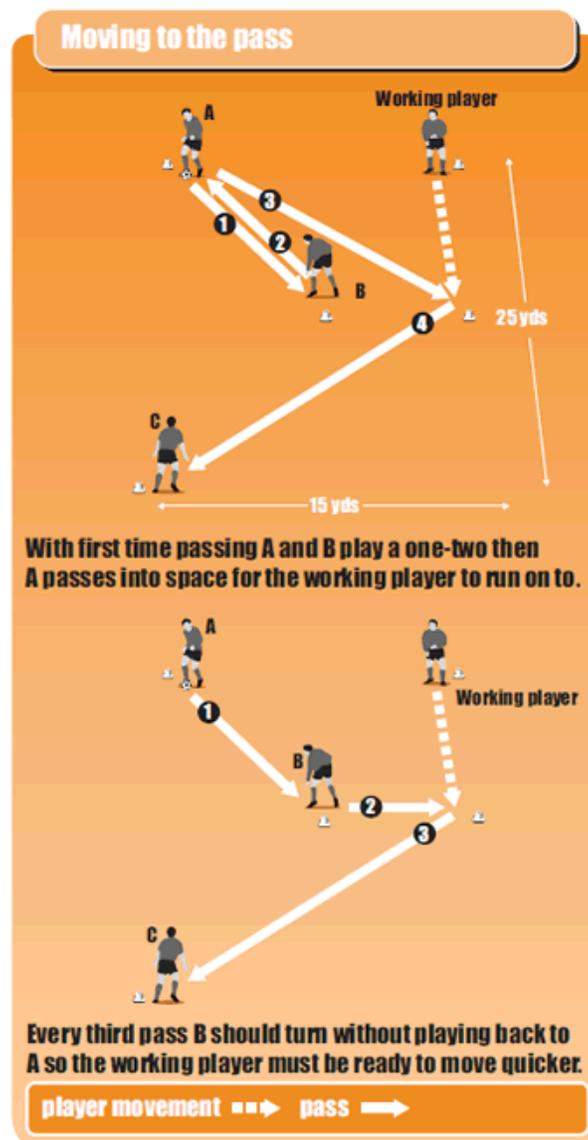
By David Clarke

Use this exercise to get players anticipating the pass and moving to the ball, rather than waiting for it to come to them. The passer is also learning how to pass to a player on the run.

Your players should try to move the ball quickly with good control and pass it into the path of the working player making the run.

This player has to move forward quickly to show for the pass. Players should receive the ball with an open body shape so they can see all players in the exercise and complete the passing move.

The session concentrates on the moving player so rotate all players every six passes - A to B, B to C and C becomes the working player.



How to set it up

- Set up a 25x15 yards area.
- Place three cones on three corners and two cones around the halfway point in the area (see picture above).
- Players stand at the cones.

Sequence of play

- Player A passes to player B, who passes it back to A.
- A passes to the working player who is on the move.
- With a first-time pass, the working player passes across to C, then returns to their cone. C passes back to A.
- Players keep their positions for six passes.

How to change it

Every third pass, player B should turn first time without passing back to A and pass into the space for the working player to run on to. This means they have to move quicker to get to the pass.

You can change the number of touches players have to make it harder. The timing in this move is much quicker so players must use good passing and receiving.