



# Weight The Pass

## Coaching Session Plan

<b>Drill Name:</b>	<b>Weight The Pass</b>
<b>Objectives:</b>	<ol style="list-style-type: none"> <li>1. Improve players understanding of correct weight of pass.</li> <li>2. Improve players understanding of controlling on back foot and opening out to pass.</li> </ol>
<b>Ages:</b>	U9+
<b>Organisation:</b>	Grid 10x10m. 5 players (3 players on each corner with 2 players on the 4 <sup>th</sup> corner). 1 ball.
<b>Activity:</b>	<p>Player 1 passes to player 2. Player 1 then follows his pass and takes player 2's place. Player 2 passes to player 3 and then follows pass to replace player 3. And so on.</p> <p>Coach correct weight of pass i.e. it should be accurate and the ball should be firm so arrive before the player who has just passed it and is following it.</p> <p>Coach passers to use the correct part of the foot – instep for short accurate firm passing.</p> <p>Coach receivers to control the ball on the back foot and open up the body to face the next receiver.</p> <p>Start with a 10 x 10 grid and as players get it – make grid gradually bigger 15x15 to 20x20.</p> <p>As grid increases technique changes ie passing longer distance is on the laces as a driven pass.</p> <p>With more capable players progress to a lofted / aerial pass over a longer distance.</p>
<b>Diagram:</b>	
<b>Progression:</b>	<p>Longer passes.</p> <p>Aerial passes.</p>