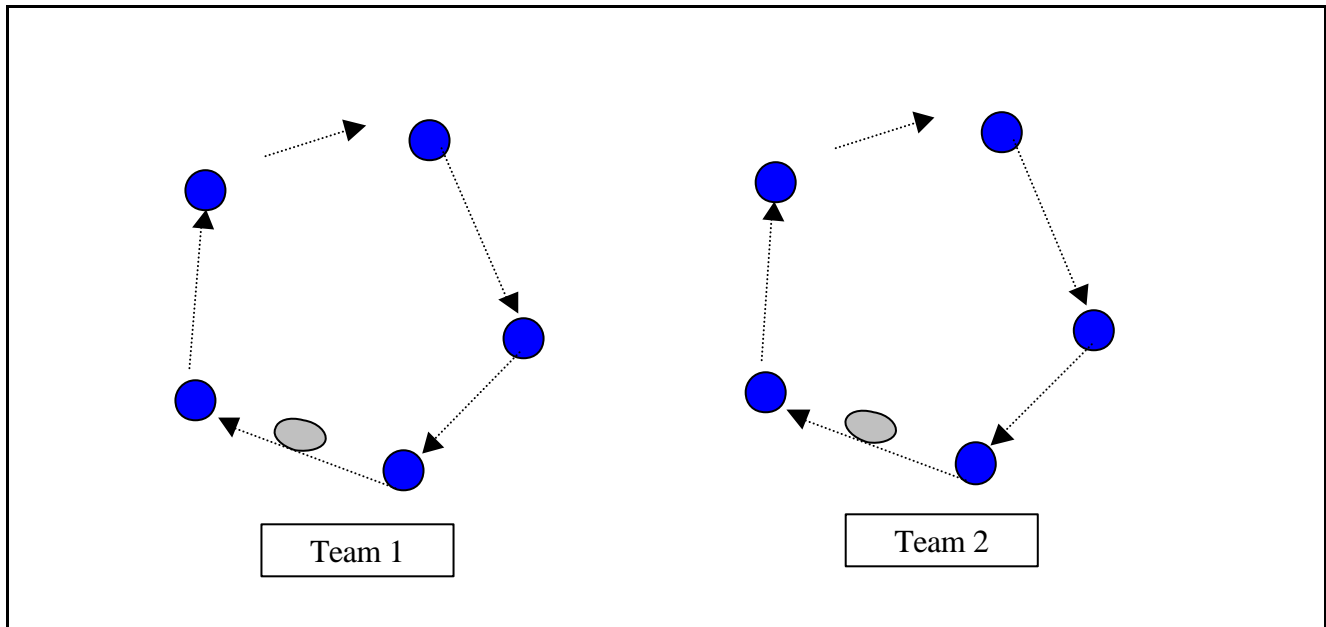


|                   |               |   |              |                |                           |                       |                    |                   |
|-------------------|---------------|---|--------------|----------------|---------------------------|-----------------------|--------------------|-------------------|
| <b>Drill Name</b> |               | <b>Beat The Clock Passing</b>   |              |                |                           |                       |                    |                   |
| <b>Objectives</b> |               | This can be played with a number of teams or just with one group of players. The idea is to make as many passes in the time allowed – endless variations. Getting the players to keep feet still encourages them to use their upper body. |              |                |                           |                       |                    |                   |
| <b>Cones</b>      | <b>Layout</b> | <b>Dimension (metres)</b>   | <b>Balls</b> | <b>Players</b> | <b>Duration (minutes)</b> | <b>Contact Shield</b> | <b>Tackle Bags</b> | <b>Body Suits</b> |
| None              | None          | N/a   | 1            | 10             | 10                        |                       |                    |                   |



#### Description

1. This can be organised as a series of races.
2. Players face centre of circle.
3. On coach's signal, they start passing the ball clockwise around the circle counting out the number of passes.
4. Dropped passes do not count.
5. After a minute (or whatever), the team who made the most passes wins.

#### Progression

1. Change direction of passes.
2. Players face out from centre of circle.
3. Change to count number of dropped passes.
4. Make circle bigger for longer passes.
5. First team to make 20 passes
6. Develop into passing circle

#### Set-Up

1. Split into teams.
2. Organise players into circle.
3. Face the centre.
4. One player starts with ball.

#### Key Factors

1. Keep feet still to encourage upper body movement.
2. Accurate, quick passing.
3. Hands ready to receive pass – hands up, targets.
4. Correct lateral pass technique (across body)