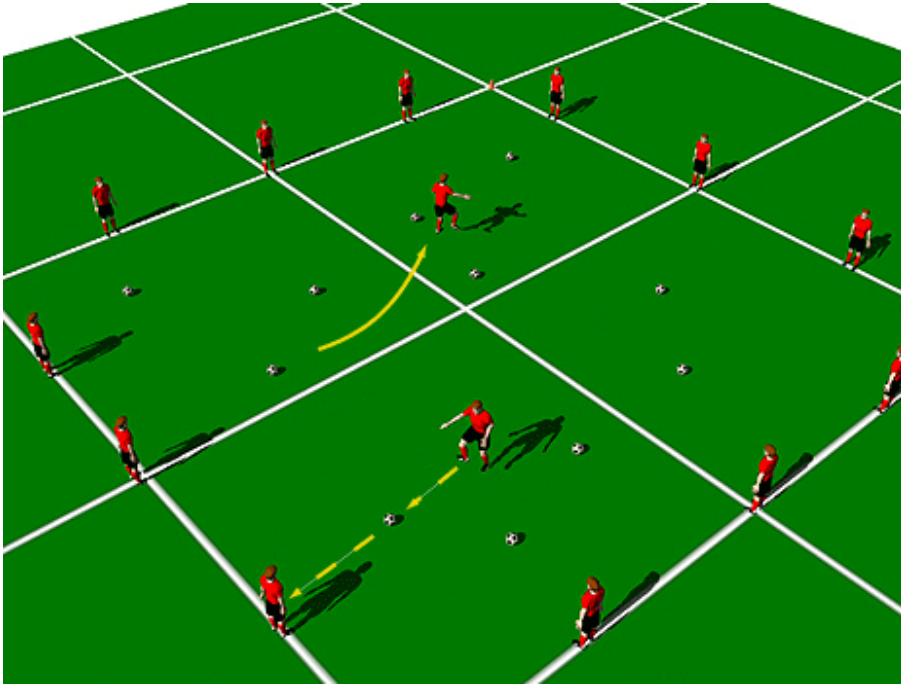


# Pressure Passing III



## Set Up

- ▣ Group of players
- ▣ 4 Cones
- ▣ Large supply of balls



- ▣ Grid 20 x 20 yards  
or 18 x 18 metres

## Coaching Points

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on accuracy and explosive movement off the ball.

Two players are positioned in the grid with the remainder of the group spread evenly around the outside of the grid. A minimum of 10 balls is scattered inside the grid. On the coach’s command, the two players within the grid have 2 minutes to make as many passes as they can to the outside players. After receiving a pass, the servers pass the ball back into an open area in the grid.

Players must work at full speed and concentrate on quality passing. Outside players should be constantly talking and alert for passes. Rotate two middle players every two minutes.