

Drill: C.C. Passing, support and movement

Purpose

Clock coaching drill to develop the understanding of supporting the ball with an open stance and receiving the ball with open shoulders and on the back foot.



Drill area



Set Up

- Area marked with cones
- Supply of balls

Structure

Two players in the middle of the clock, two balls with players on the outside of the clock. Players in the middle make good angled support runs, turn and pass the ball to a player on the outside of the clock. Players in the middle must then make a new angle to support the other ball. Repeat, support, turn, pass, next ball.

Coaching Tips

- Players make good supporting run to support the ball
- Good communication
- Accurate, timed passes from players on the outside
- Supporting players should turn their shoulders, so they are on the half turn when receiving the ball.
- Try and receive the ball with the back foot, so that the player is open
- Good control out of feet.
- Head up to see next pass and where the other ball is
- Accurate pass to outside player
- Awareness and movement to support the next ball

Important that players pass the ball accurately and with good timing. This drill is about making good supporting angles, receiving the ball with an open body and if possible controlling the ball with the back foot.

Progressions

- Player on the outside who passes the ball in follows the ball into the clock to take the place of the "turner"
- Player "turner" who receives the ball in the middle, turns and passes the ball out and follows it.
- Golden Rule - Pass the ball in - follow, pass the ball out - follow
- Make clock bigger or smaller to test different passing and turning techniques