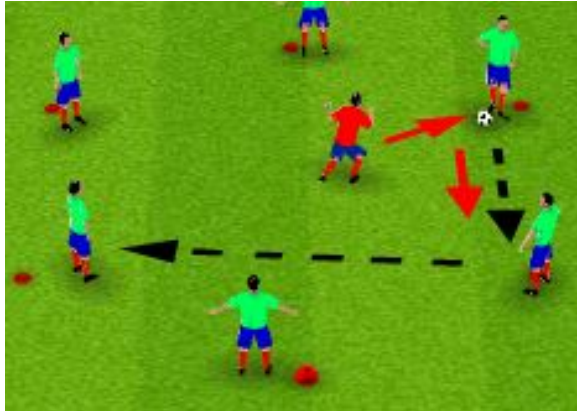


# MICROS PASSING

## “MONKEY IN THE MIDDLE”



**Age:** MICROS

**Duration:** 5-10 MINUTES

### SET-UP:

CREATE A CIRCLE WITH COACH OR ONE PLAYER IN THE MIDDLE. SIZE OF THE CIRCLE WILL BE IN PROPORTION TO PLAYERS ABILITIES.

### DRILL DESCRIPTION:

COACH WILL START IN THE MIDDLE. INSTRUCT PLAYERS TO PASS USING THE INSIDE OF DOMINANT FOOT TO ONE OF THEIR TEAMMATES. PLAYER RECEIVING BALL WILL CONTROL IT WITH AS MANY TOUCHES HE/SHE NEEDS THAN WILL MAKE A PASS. COACH CAN ADJUST THE PRESSURE THEY PUT ON PLAYERS TO MATCH THEIR SKILL LEVEL. PLAYERS WHOSE PASS IS INTERCEPTED WILL BECOME THE MONKEY IN THE MIDDLE. COACH WILL SWITCH TO MAKE SURE ALL PLAYERS ARE IN THE MIDDLE AND DON'T GET STUCK IN THE MIDDLE TOO LONG. COACH CAN ALSO GIVE “FREE” PASSES TO START IT OFF.

### KEY COACHING POINTS

PASS WITH THE INSIDE OF THE FOOT WITH THE UPSWING OF LEG FOLLOWING THRU TO THE PLAYER RECEIVING PASS.

EMPHASIZE NOT ONLY DIRECTION OF PASS BUT ALSO THE SPEED AND WEIGHT OF PASS TO BE IN PROPORTION TO THE DISTANCE THE PASS IS TRAVELING.

MAKE SURE PLAYERS LOOK BEFORE THEY PASS THE BALL, AND PLAYERS ARE READY TO RECEIVE THE PASS.

# MICROS **PASSING**