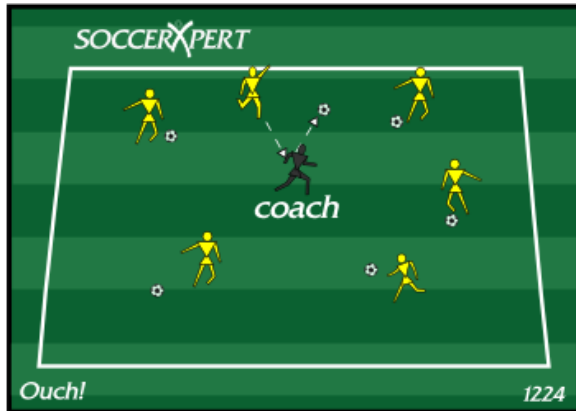


MICROS PASSING

“CANNONBALL RUN”



Age: MICROS

Duration: 5-10 MINUTES

SET-UP:

EVERY PLAYER HAS A BALL. SET UP CONES IN A GRID WITH PLAYERS LINED UP ON OPPOSING SIDES OF THE GRID.

DRILL DESCRIPTION:

COACH WILL SET UP PLAYERS ON OPPOSING SIDES OF GRID OR ON ONE SIDE IF # OF PLAYERS IS SMALL. COACH WILL “RUN” THRU THE GRID FROM ONE SIDE TO THE OTHER WHILE THE PLAYERS TRY TO HIT THE COACH WITH A PASS. THE COACH CAN KEEP SCORE OF HITS AND CAN EXAGGERATE THE FORCE OF THE HIT SO THE KIDS GET EXCITED.

KEY COACHING POINTS

START WITH THE INSIDE OF THE FOOT ON DOMINANT FOOT AND TRY TO MAKE SURE THE KIDS CAN SUCCEED WITH THAT BEFORE SWITCHING TO NON-DOMINANT FOOT.

ADJUST THE DISTANCE BETWEEN PASSERS AND COACH AND THE SPEED COACH “RUNS” TO PLAYERS ABILITY IN SUCCEEDING WITH THEIR PASSES HITTING THE COACH. SWITCH TO OUTSIDE OF FOOT AND NON DOMINANT FOOT WHEN PLAYERS ACHIEVE SOME SUCCESS.

MAKE SURE PLAYERS LOOK BEFORE THEY PASS THE BALL.