

# NUMBERS PASSING

## WHY USE IT

A terrific unopposed introductory passing activity can be employed with equally great effect with 6 and 18 year old players. Intensity can be increased - fast!

## SET UP

20x20 yards. 8-10 players randomly space themselves in the area. The coach gives each player a number, i.e. 1, 2, 3 .... 9, 10. One ball starts with player 1.

## HOW TO PLAY

'Walk through' the activity with the players for 1-2 sequences. If needed, rehearse the activity by passing the ball with the hands using a basketball style chest pass. Pass the ball from one teammate to another in number order - i.e. 1 passes to 2, 2 to 3 etc. When 10 receives the pass from 9, 10 passes to 1 and the routine starts again. Begin with unlimited touches and then restrict to 2 touch or eventually, 1 touch. At first, expect players to stand flat-footed, unsure where to move. This is your teaching moment! In addition to coaching short and medium length passing, the coach can also teach movement and creating space. Instruct the players to move away from the ball after they have made a pass, look for space. With more advanced players have them 'look over their shoulder' to locate space with the first touch. Once the group has established a rhythm, instruct players they must run through a corner gate before re-entering the area - always watching the play as they run to the corner.

## COACHING NOTES

- + Coaching objectives - Passers should concentrate on first touch away from pressure and a firm pass on the ground to feet or space. Receiver should attempt to get in front of the passer to prevent the passers need to turn. Communication - call names or numbers.
- + Coaching tips - Freeze the play to allow players to see space - ask them to move to a better position and restart.

## HOW TO MODIFY THE ACTIVITY

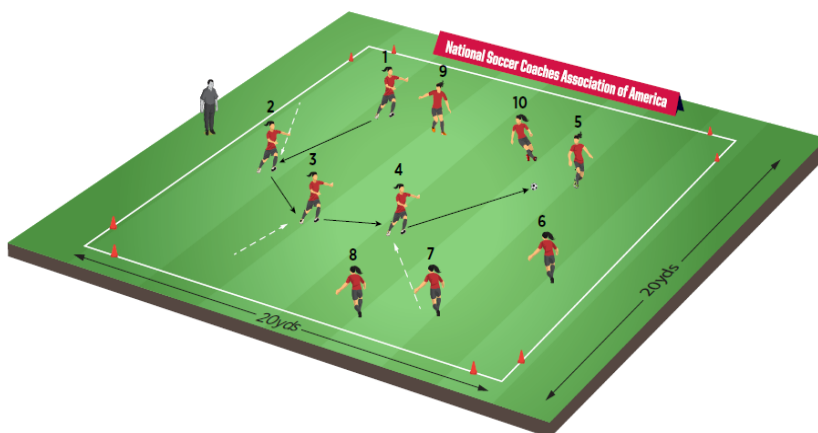
- + Less challenging: Pass the ball with the hands, reduce the number of players, increase the space.
- + More challenging: Add 2-3 balls, players run through corner gates, 1 touch quickens the pace, split the group into 2-3 teams working in the same area, add a double pass combination.

## STAGES COVERED BY ACTIVITY

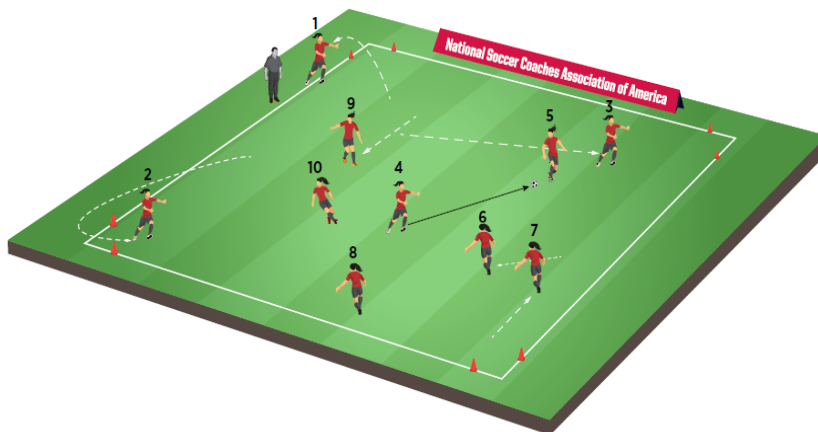
Stages 2, 3, 4 & 5 - 6-18 year old players

## THEMES & COMPETENCIES

Top 3 themes: Passing over short and medium distances, creating space and communication.  
Top 3 competencies: Passing, receiving and support with and without the ball.



- + Players are numbered 1-10.
- + Player 1 starts the activity with a pass to player 2.
- + Sequence continues and number 10 passes to 1.



- + Following a pass, the player runs through a corner gate before rejoining the activity.
- + Players should keep their eyes on the play as they run - 'don't turn your back.'
- + The receiver should predict where and how the teammate will receive the ball and work hard to get in front.



- + The coach can progress the activities in several ways, in this example a second ball has been added.
- + Players now need to work quickly to return to the area in time to receive the next pass.
- + Adding a 1 touch restriction puts even more pressure on the players.