

Passing & Handling Lesson/Session Plans

Main Objectives

Handling and passing, ball holding and concentration skills, developing balance and an awareness of space.

Coaching/Teaching Points

Look for:

- Lots of movement and activity.
- Holding the ball in two hands.
- Focus on the ball.
- Throwing and catching technique.
- Moving comfortably with the ball.
- Good balance.
- Good coordination.
- Enjoyment of the game.

What to ask the players:

- How do you keep your balance when running with the ball in two hands?
- What are you looking for when you are running?
- Can you keep your speed up when you change direction quickly? Show me how?
- Can you concentrate on the ball while others get in your way?

The Games

The games covered in this chapter:

- 7. Union Jacks** - An intense, all action game
- 8. Action Jacks** - A variation of Union Jacks to develop better ball handling skills
- 9. Fast Hands, Racing Legs** - A fast-paced passing game
- 10. Star Fighters** - Developing more accurate movement and passing.
- 11. Don't Feed the Monkeys** - Working on movement and passing
- 12. Hungry Cavemen** - Promoting passing and team work
- 13. Airball** - A fast-paced skills challenge

Game Notes