U6 u8 handpassing

Created By - Austin Stacks U7

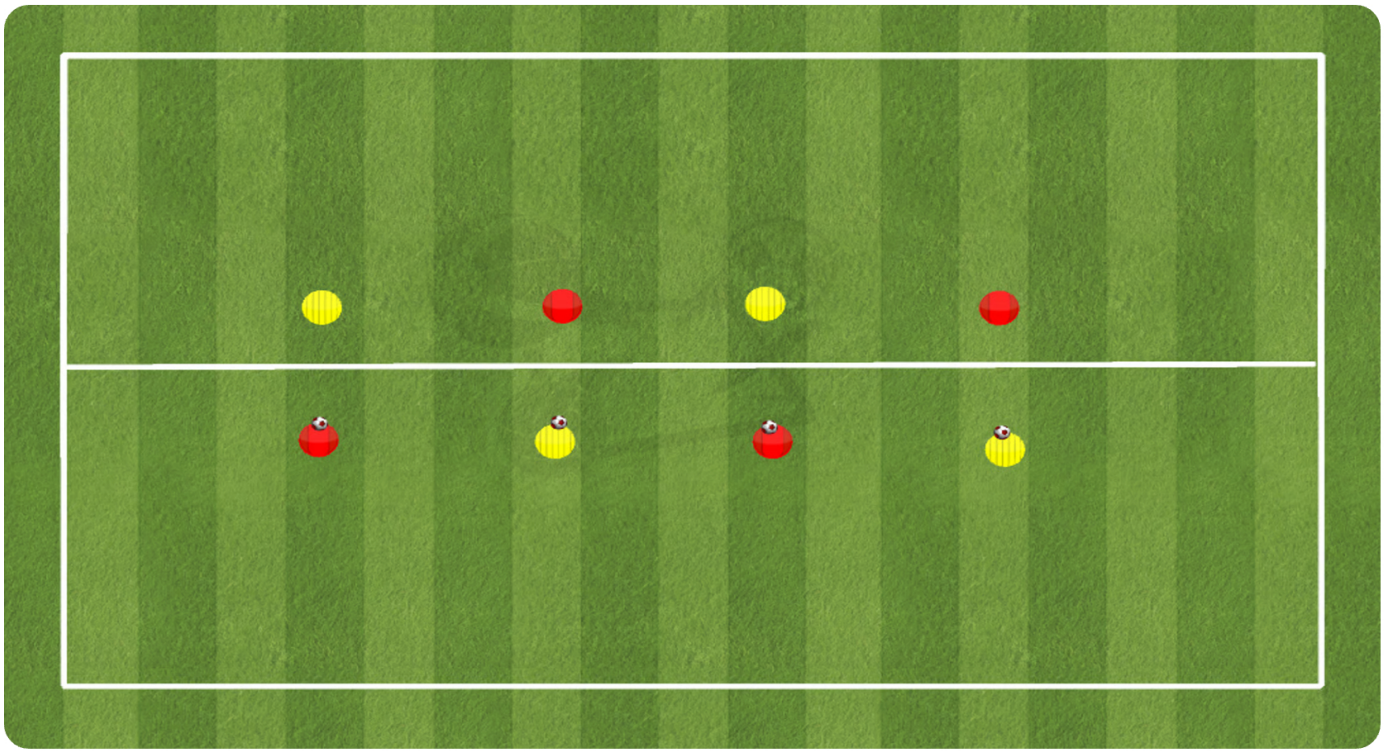
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HAND PASS PARTNER TAG

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Hand Pass



RULES

1. Pairs. Players hand pass (open hand) ball with each other from 2/3 metres.
2. On coach's whistle, person without the ball must try and catch and tag the person with the ball. Large playing area needed. Change partners after every go.

QUESTIONS

Cues: • Keep one hand free to wave • The ball is glued to your hand until you hand pass it off • Find the star in the middle of the ball • Hand Follow the ball

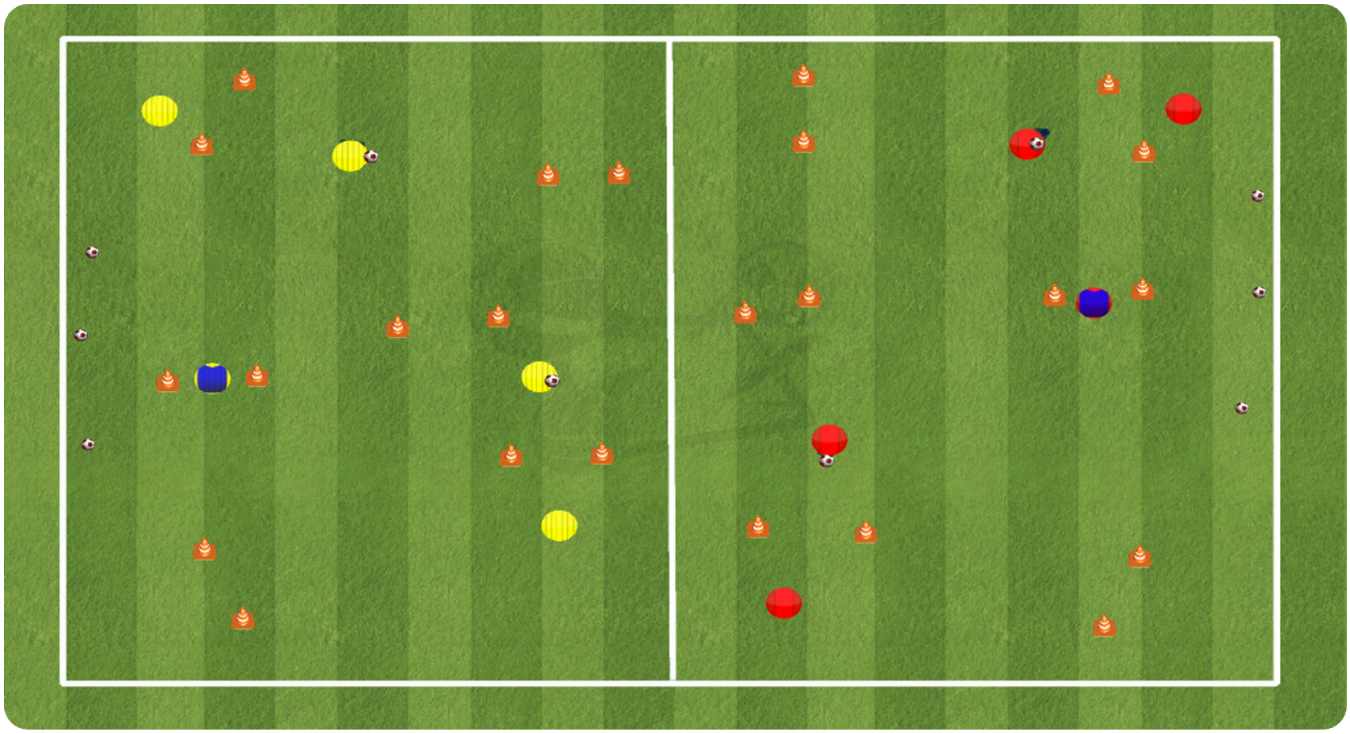
NOTES

HAND PASS THROUGH THE GATES

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Hand Pass



RULES

1. Set up the pitch as above
2. Players must make as many hand passes through as many different gates as possible
3. Two players are assigned as blockers. They must defend as many goals as possible
4. Players must hand pass through new gates every time to get a score.

QUESTIONS

Cues: • Keep one hand free to wave • The ball is glued to your hand until you hand pass it off • Find the star in the middle of the ball • Hand Follow the ball

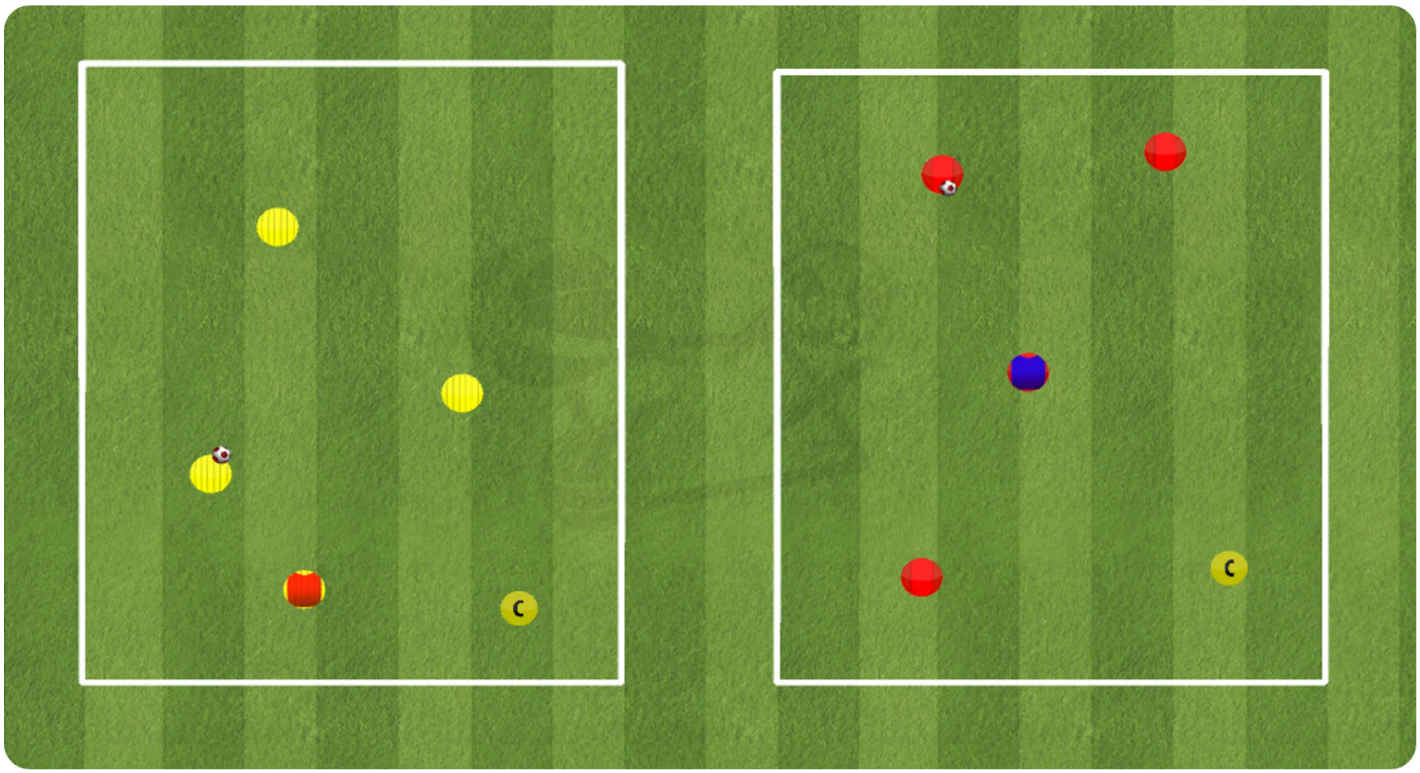
NOTES

PIGGY IN THE MIDDLE

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Hand Pass



RULES

1. In threes. Two hand pass the ball to each other and try to keep the ball from the man in the middle.
2. No overhead passes = encourages movement.
3. Coach can join in to help children

QUESTIONS

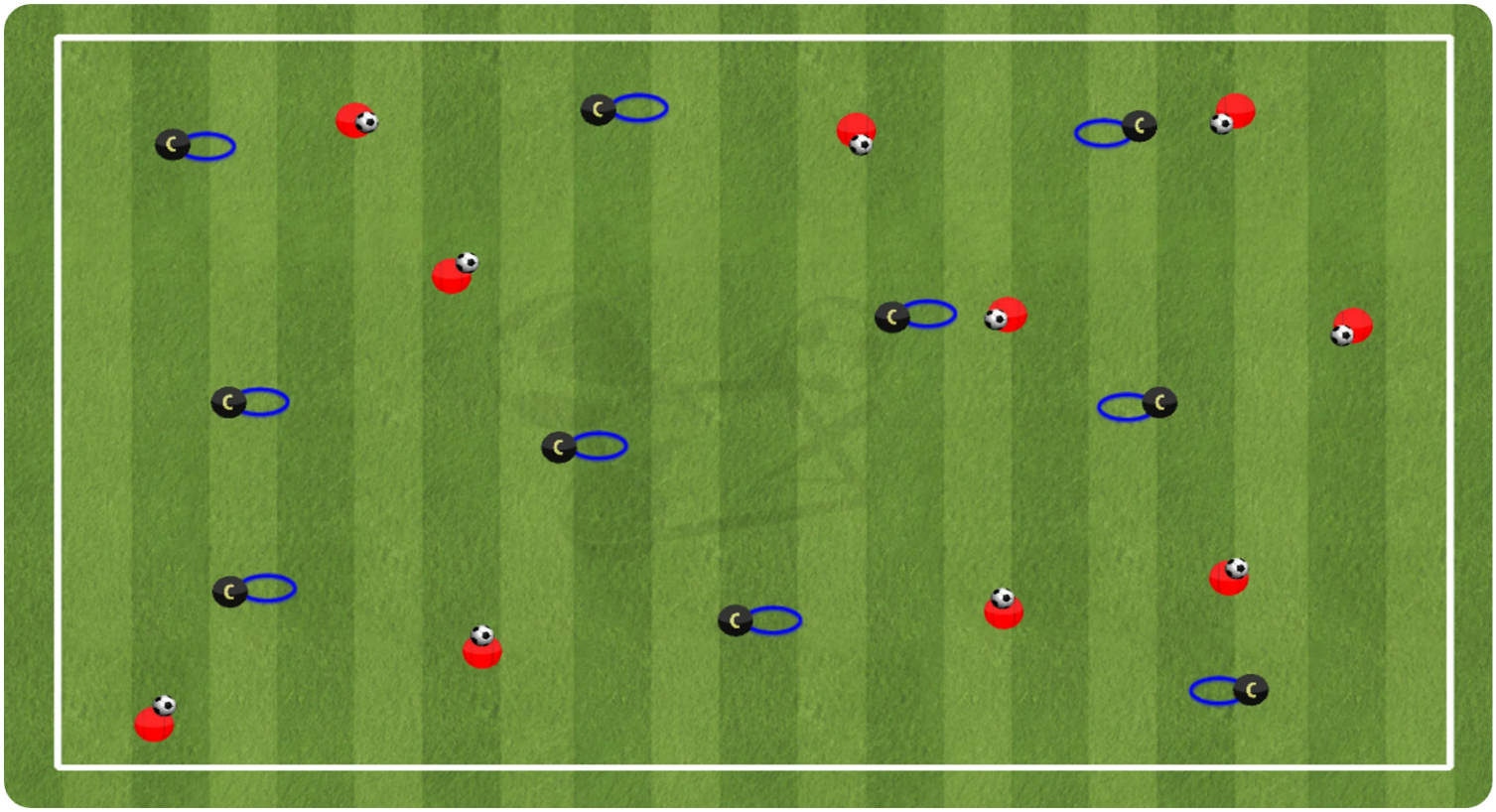
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NOTES

BASKETBALL HANDPASSING

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s



RULES

Each coach/parent has a hoop. They hold the hoop to their stomach.
Players try to handpass off the parents and into the hoop.
Progress to getting the players to solo to the next parent to score.
Progress to encouraging them to hand pass on the run
Progress to moving targets, where the parent move while the children try to score with a handpass
Their traget is to score ten times

QUESTIONS

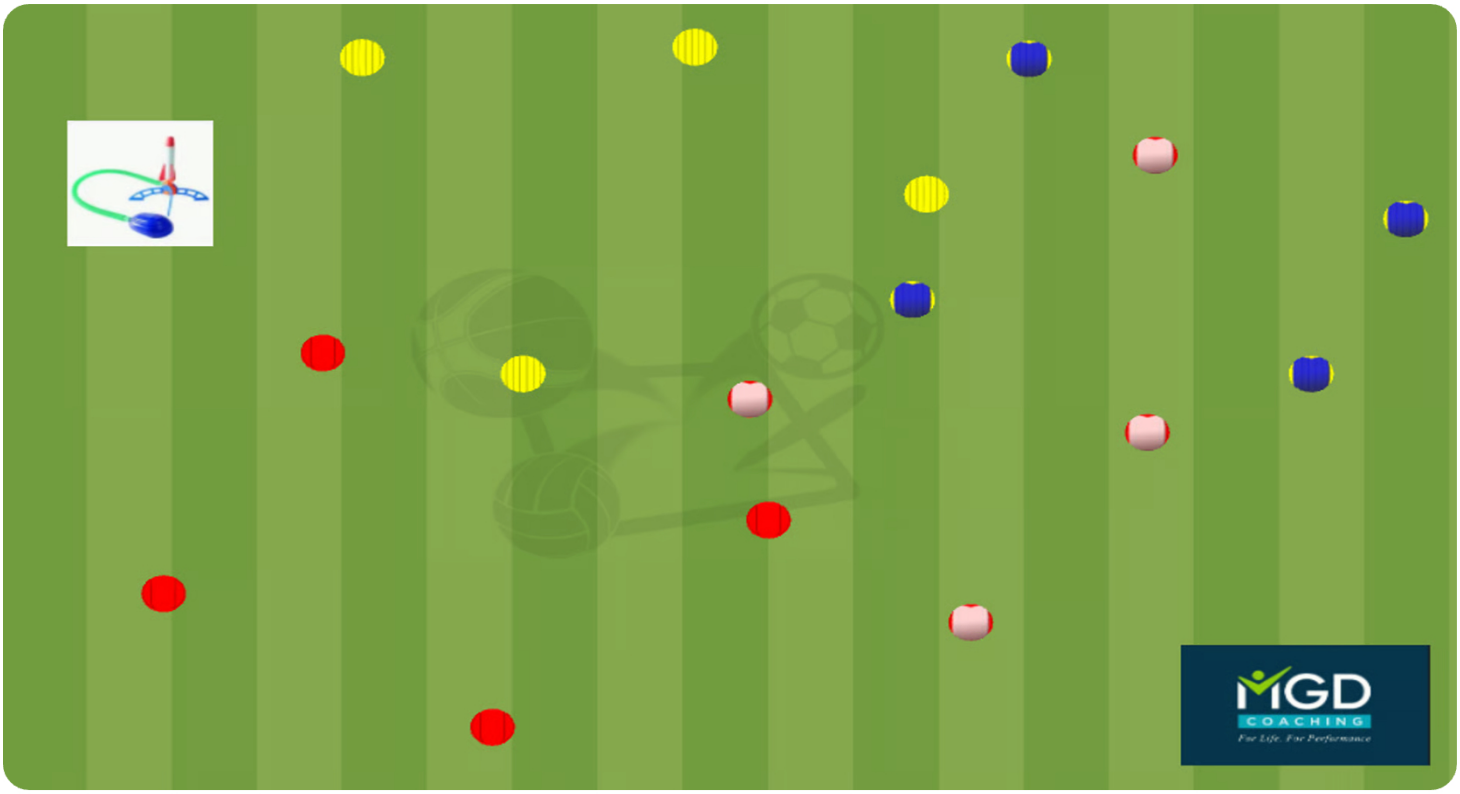
NOTES

ROCKET HAND PASSING

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s

MGD Coaching



RULES

Coach stands near the rocket launcher. Once they launch the rocket the children can complete a number of tasks:
- Try and complete as many handpasses off both hands before the rocket lands
- Divide into groups and try to pass to every member of the group before the rocket lands
- Introduce a tackler/spolier/noodle to distract the groups

QUESTIONS

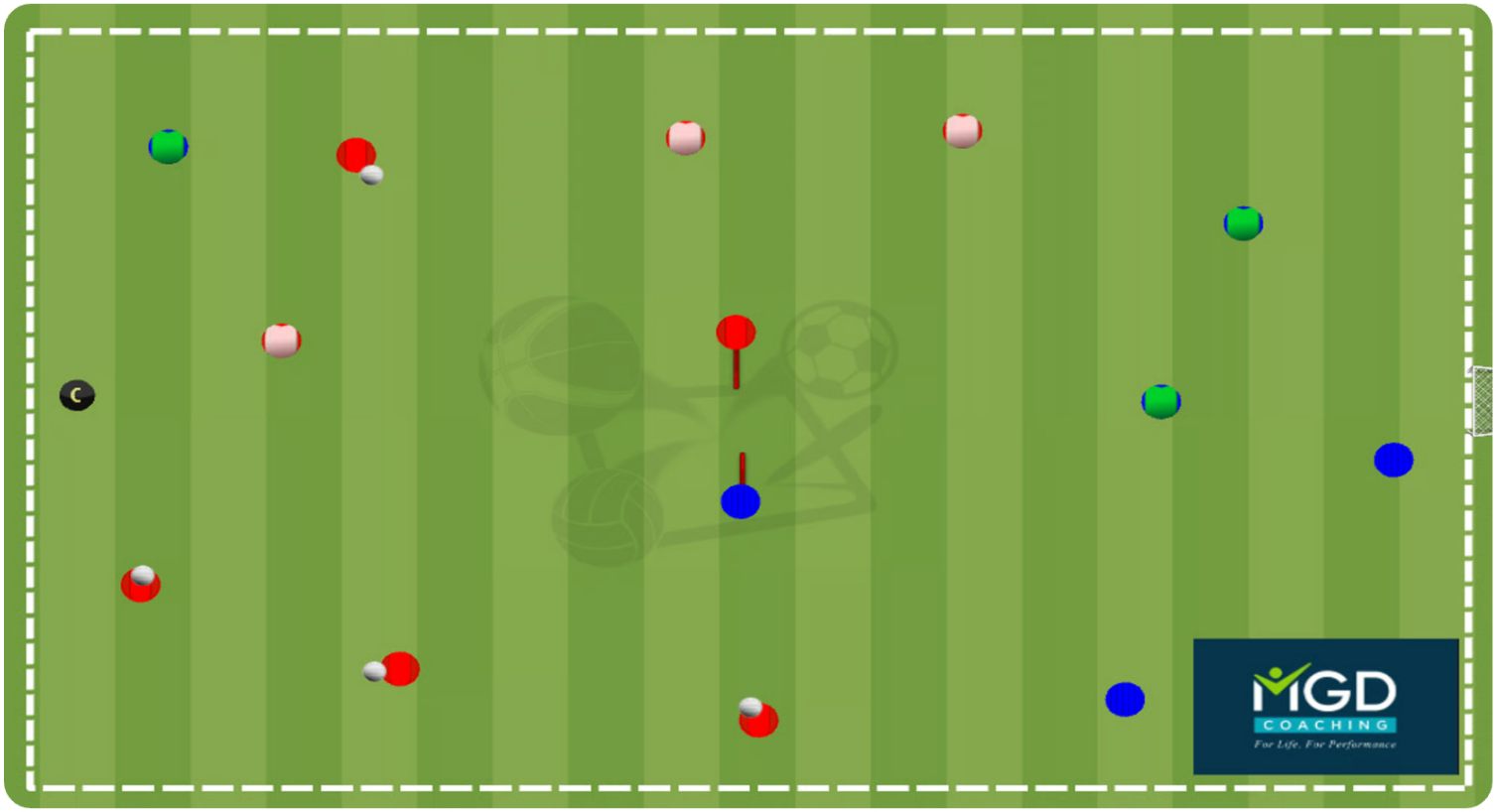
NOTES

HAND PASSING IN THE MUD

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s

MGD Coaching



RULES

Two players start with noodles (Farmers)
Once they tag a player with the noodle they are stuck in the mud. The only way they can be freed is by receiving a hand pass from a team mate.
Encourage them to communicate if they need to be freed by a hand pass
We can progress the game to the coaches being the taggers.

QUESTIONS

NOTES

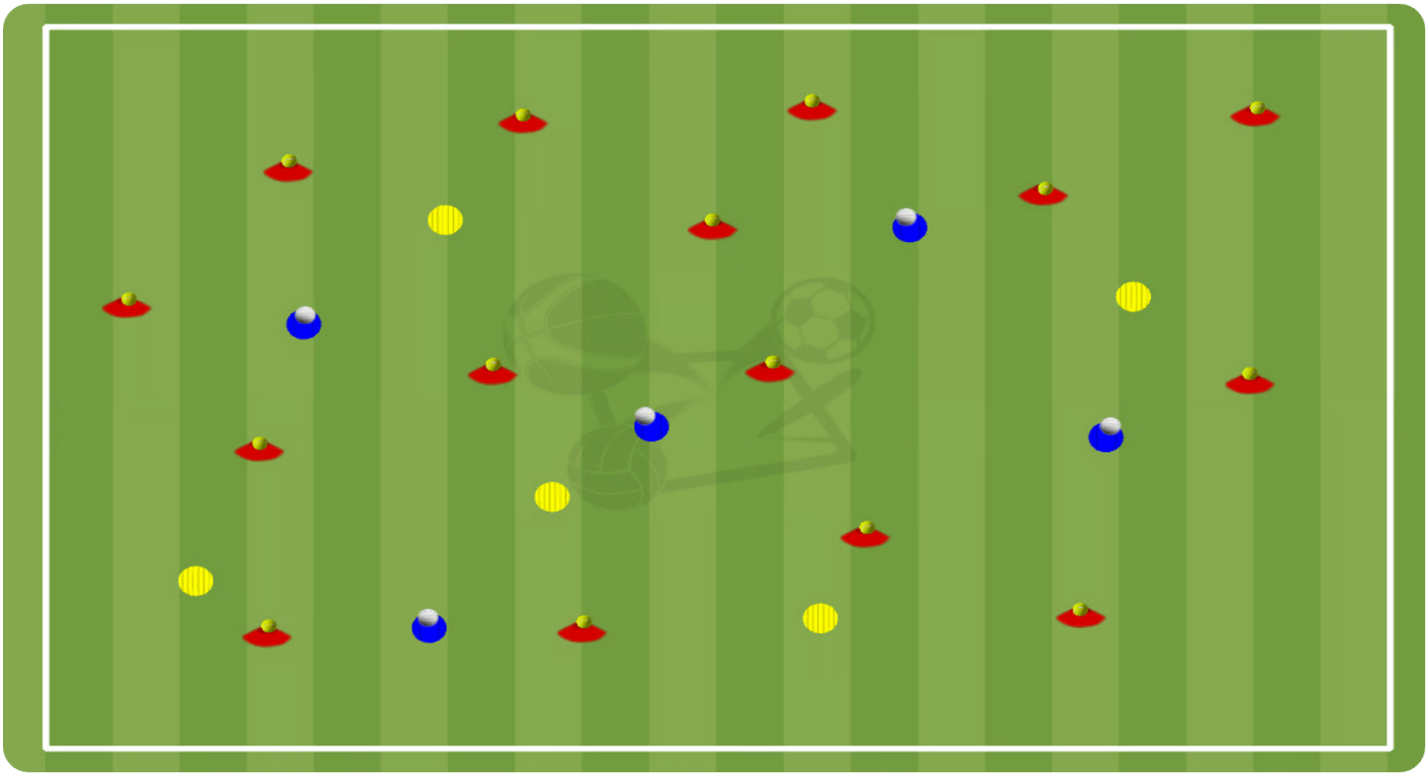
KNOCK THE CHERRIES

Skill Games

8 per group

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s

Hand Pass



RULES

One team tries to knock as many balls off the top of the cones, while the other team tries to put them back on top.
They have to knock a different ball each time.
Time this for no more than 40 to 60 seconds and swap over

QUESTIONS

Hold the Ball like a waiter

Push the ball from your hand

NOTES