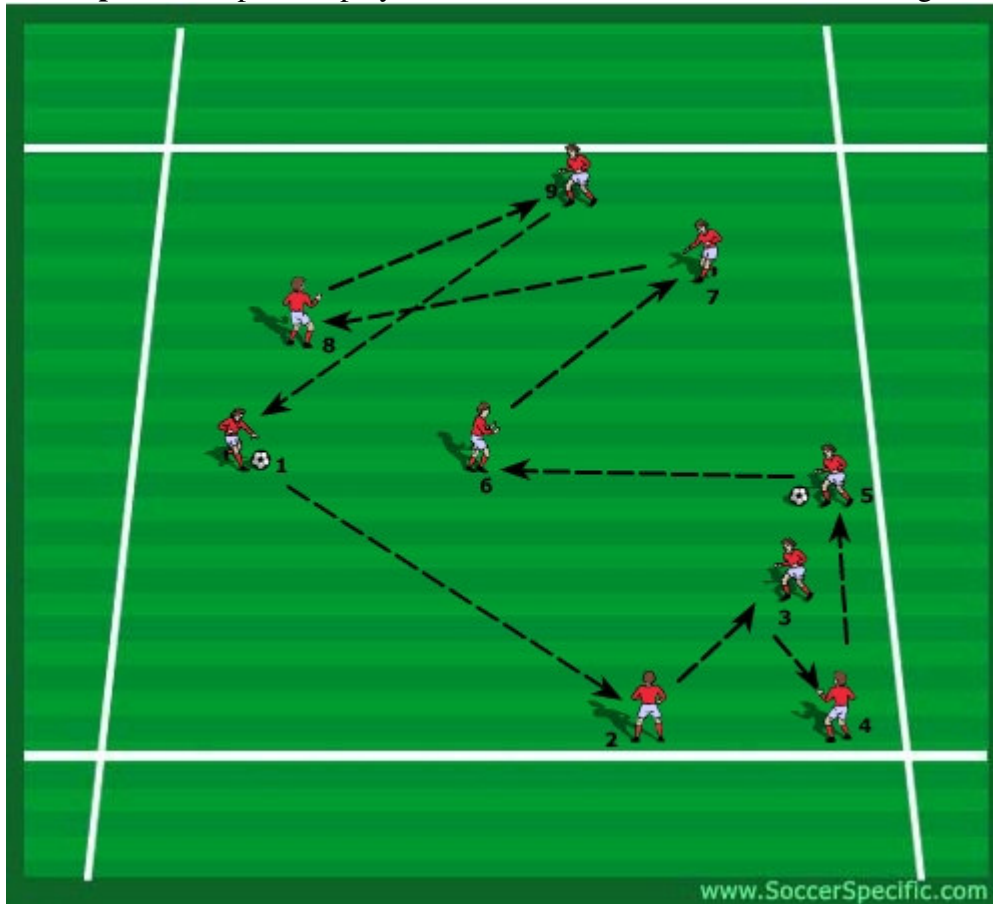


Count It Out

Emphasis: Improve a player's field awareness while communicating and developing passing skills.



Set-up:

Players are to be numbered 1- 18 or however many players you have on your squad. Two or three balls are adequate depending on the player's skill level. Players randomly spread out while remembering their numerical order.

Objective:

To become a better passing team thru ball striking and movement on and off the ball.

Progression:

1. Players #1 and #5 start off with the ball. The ball is passed from player to player based on the next sequential number.
2. One may start this exercise off in the player's hands in order to insure the exercise doesn't break down.
3. A coach may add more balls evenly spaced within the team. Example #1, #9, #16
4. Add touch limitations to the exercise to increase the difficulty.
5. Remember that one touch is to enhance a teams ability to pass, two touches restriction emphasizes a players preparation touch and passing, three touches emphasizes receiving, passing and dribbling.

Coaching Points:

- Communication between teammates
- Timing of the runs
- Good vision
- Locking the ankle
- Follow thru to the target
- Accuracy of the pass
- Good preparation touch
- Weight of the pass