

COUNT THE PASSES

CORE SKILLS | CATCH AND PASS



2 - WARM UP CARD

AIM

To raise the heart rate and prepare the body and mind for exercise.
To practise catching and passing, communicating with their team and becoming aware of pass selection

ORGANISATION

Set up a 15m x 15m grid

EQUIPMENT

Balls and cones

CORE SKILLS

Catching and passing

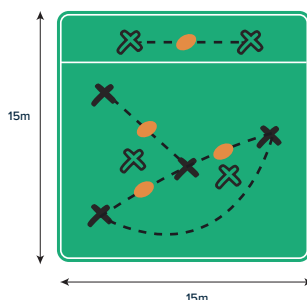
EXPLANATION

- Total number of players in each group = eight
- Six players - four from Team A and two from Team B start inside a 15m x 15m grid playing four attackers v two defenders
- Two players from Team B are outside the grid passing the ball to each other
- The four players from Team A inside the grid pass the ball to each other in any direction as many times as possible
- The ball carrier cannot run with the ball
- The two defenders attempt to intercept passes made by the four attackers
- The two players outside the grid make 25 passes without dropping the ball and then shout 'STOP'
- Teams change over
- The team in the centre of the grid that makes the most passes wins

VARIATIONS

- **Easier (for the passers)** - increase the size of the playing area
- Defenders can only walk
- Play with no defenders, with the group inside the area trying to complete as many passes as possible
- Play with one defender
- **Harder (for the passers)** - reduce the size of the playing area

- Reduce distance between passers outside the area
- Pass the ball from the waist only
- Touch the corner of the area after a pass
- Have more than one group in the area competing to complete as many passes as possible against each other
- Play three v two in the square with three outside passing the ball



2 - WARM UP
CATCH AND PASS
10 minutes

ACTIVITY OVERVIEW	
	SUGGESTED TIME 10 minutes
	EQUIPMENT Balls and cones
	SET UP 15m x 15m grid
	CORE SKILL Catch and pass

COACHING POINTS - SKILL DEVELOPMENT
<ul style="list-style-type: none"> • Catching - shoulders rotated towards the ball, hands out, early catch • Passing - wrist and hands, shoulders rotated, pass over the correct foot, pass ball at 6 o'clock, follow through with arms

QUESTIONS
<ul style="list-style-type: none"> • When would we use a short pass? How could this benefit the team? • When would we use a long pass? How could this benefit the team?

KEY									
	CONE	TEAM A LEADER	TEAM B LEADER	BALL	BALL TRAVEL	PLAYER DIRECTION OF TRAVEL	NO-GO AREA	GATE	ZONE

CATCHING AND PASSING

CORE SKILLS | CATCHING AND PASSING



2 - TECHNICAL CARD

AIM

To develop the 6 o'clock pass and early catch

Activity 1

Players A1 and A2 working in a 5m grid walk up and then down the area delivering passes from either side

COACHING POINTS

The Pass

- 6 o'clock
- Ball pointing down
- Shoulders rotated
- Pass over the correct foot (inside)
- Wrist and hands follow through

The Catch

- Shoulders rotated
- Target hands up
- No shirt
- No adjust

Activity 2

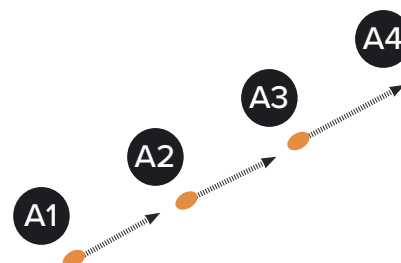
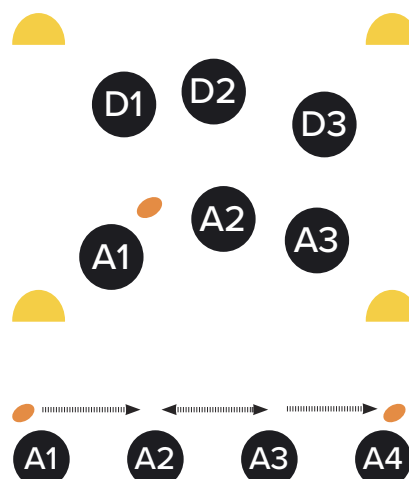
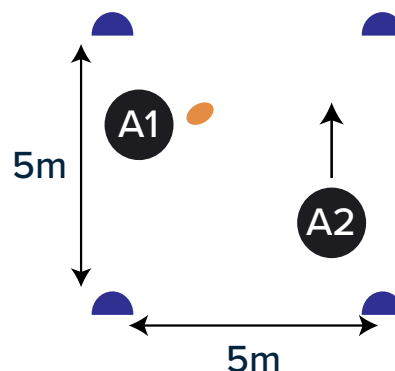
Passing and Catching Game

- Groups of three — attackers v defenders
- How quick can the attackers make 10 passes?
- A cumulative count (ie mistake on four — next time begin at four)
- First to 10 passes
- Rotate attackers and defenders
- All gripping, carrying, passing and catching points apply:
 - support runners identify good space
 - defenders can only block/intercept ball
 - no contact

Activity 3

Development 1— Passing Backwards

- Groups of four in a flat line practise passing along the line while static
- Competition — pass along the line and back three times (as figure, right)
- Stagger the line and repeat the practice with no forward passes, remembering to realign the group. Competition — pass along the line and back three times (as figure, below right)
- Repeat the practice, walking, jogging and then running. Start the ball from both left and right and interchange position as well. When the ball has been passed to the end of the line, encourage the players to adjust their speed and position to realign, so the ball can be passed back



KEY

BALL DIRECTION OF TRAVEL

CONE

PLAYER

BALL

PLAYER DIRECTION OF TRAVEL

PASSING CHALLENGE

CORE SKILLS | CATCHING AND PASSING



2 - GAME CARD

AIM

To develop passing, including selection, and catching

ORGANISATION

Set up a 40m x 30m grid

EQUIPMENT

Balls and cones

CORE SKILLS

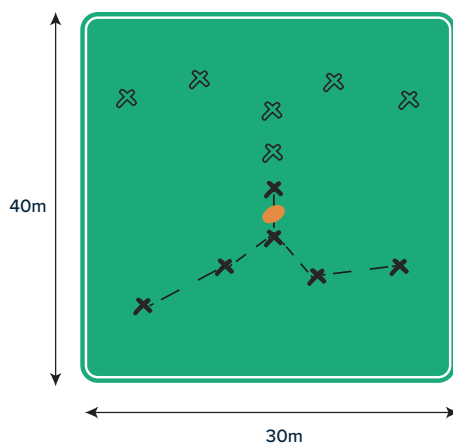
Catching and passing

EXPLANATION

- Attack has four plays to score
- Two-handed touch
- Players should execute a 6 o'clock pass and the receiver must catch the ball early (no shirt contact)
- If the ball touches the shirt, the possession goes to the other team
- The ball is also turned over to the other side for a knock on, forward pass or if the ball touches the ground
- Teams attack the opposite end when a try is scored
- Award points for each completed pass and for any tries scored
- Play for a set time period

VARIATIONS

- Reduce or increase the number of plays (ie three or six plays to score)
- Easier (for the attack) - widen the grid
- Harder (for the attack) - narrow the grid
- Use a variety of different sized and shaped balls
- Vary the time period
- If a 6 o'clock pass isn't used, possession goes to the other team
- Play contact



2 - GAME CARD

CATCHING AND PASSING

20 minutes

ACTIVITY OVERVIEW



SUGGESTED TIME
20 minutes



EQUIPMENT
Balls and cones



SET UP
40m x 30m grid



CORE SKILL
Catching and passing

COACHING POINTS - SKILL DEVELOPMENT

- Catching - shoulders rotated towards the ball, hands out, early catch
- Passing - wrist and hands, shoulders rotated, pass over the correct foot, pass ball at 6 o'clock, follow through with arms

QUESTIONS

- How do you decide where to attack?
- What made it a successful attack?

KEY



CONE



TEAM A LEADER



TEAM B LEADER



BALL



BALL TRAVEL



PLAYER DIRECTION OF TRAVEL



NO-GO AREA



GATE



ZONE



SHIELD

CATCHING AND PASSING

CORE SKILLS | TO DEVELOP 6 O'CLOCK PASS AND EARLY CATCH



2 - MOVEMENT CARD

PASSING	CATCHING
<p>STABILITY BALANCING, TWISTING & PIVOTING</p>	
<p>SYMPTOM Not enough body movement during pass leads to lack of power or direction (short- to medium-range passing)</p> <p>SOLUTION Fully rotate trunk, shoulders and hips towards receiver</p>	<p>SYMPTOM Lack of power (medium- to long-range passing)</p> <p>SOLUTION Firmly plant front foot (opposite to receiver) to act as base</p> <p>SYMPTOM Player is unable to position themselves to receive the ball effectively (particularly with medium- to long-range passes)</p> <p>SOLUTIONS Develop object control skills first</p> <p>Tracking - player to watch the ball as it leaves the sender's hands; use numbered cones placed in a line for players to count the ball's motion as it travels over them</p> <p>Anticipation and response - call out number for player to catch the ball at a cone</p> <p>Practise Rotation -</p> <ul style="list-style-type: none"> • Players sit back to back, passing the ball to each other • Twist at the waist and extend arms to pass the bat • Increase the challenge by increasing the space between players



OBJECT CONTROL | GRIPPING RECEIVING AND SENDING

<p>SYMPTOM Player doesn't move enough during the preparation and follow through phases of the pass</p>	<p>SOLUTIONS During preparation for the pass, ball is held on the opposite side of the receiver or at least in the centre of the body</p> <p>Arms extend fully in direction of throw towards the receiver</p>	<p>SYMPTOM Player is more proficient/confident at passing on one side than the other</p> <p>SYMPTOM Look at coaching points for the pass and identify differences, step-by-step, making adjustments where necessary</p> <p>SYMPTOM Fails/inconsistent success rate in catching the ball</p>	<p>SOLUTIONS Eyes follow ball into hands</p> <p>Arms relaxed at side, forearms extended forwards - then extend arms further when more consistent</p> <p>Arms adjust to flight of ball and give on contact</p> <p>Thumbs squeeze towards each other</p> <p>Hands grasp on contact with ball, at the same time</p> <p>Fingers grasp evenly across the ball</p>
---	--	--	---

LOCOMOTION | RUNNING, SIDESTEPPING AND HOPPING

<p>SYMPTOM Player is unable to pass the ball accurately when moving</p> <p>SYMPTOM See Card 4 on ball retrieval for solutions to problems with running and sidestepping</p> <p>See Card 6 on evasion for solution to problems with hopping</p>	<p>SYMPTOM Player is unable to catch the ball consistently when moving</p> <p>SYMPTOM See left</p>
--	--