

## Elimination Passing into Circle with Limited Time/Space

<b>DRILL OBJECTIVE(S)</b>	DEVELOP ABILITY TO PASS TO 2 SPACES FROM THE SAME BALL POSITION
<b>PLAYERS</b>	6+ PLAYERS
<b>SPACE</b>	35m TO GOAL
<b>EQUIPMENT</b>	10+ BALLS, 4 CONES

### EXPLANATION:

- X1 passes to X2 to initiate play. X2 receives and begins carrying ball forward, looking upfield.
- Coach (C) moves either Left or Right to take away one passing option (X3 or X4).
- X2 waits until Coach moves, and then passes to the open player. *X2 must continue to carry the ball forward (not stopping), and make the pass before he reaches the 23m line/dashed line.*
- X3 or X4 (the player who receives the pass) receives, enters circle and shoots.
- Players follow passes and rotate through drill.

### COACHING POINTS:

- X2 can track the ball on angles slightly, but should stay in the center of the grid area to keep angles open to pass to either X3 or X4.
- X2 carries ball in Option Position, with eyes up, watching the Coach (defender) and ready to pass as soon as one option becomes open.
- X3 and X4 receive with first touch going forward into the circle. Receiver should be half-turned with feet pointing towards attacking goal (not facing X2). This will allow the receiver to move aggressively forward with the ball on the first touch, eliminating the defender and shooting as soon as he enters the circle.

### EVALUATION:

- As players are learning the drill at the earlier stages, Coach will have to move early and very clearly to one side or the other to make X2's choice very clear right away. As players skills advance, Coach can delay movement and allow X2 to get closer to the dashed line before taking away one option. This will put X2 under more pressure with time/space.
- As with previous Option Position drills, X2 may have trouble generating power on a push pass on the full run. Emphasize the importance of the follow-through in the skill. Follow through should include the stick coming all the way through and the player keeping center of gravity low, but should also involve moving feet (running) all the way through the action.

### PROGRESSION:

- As players get comfortable passing on the move under this time/space constraint, replace the Coach with an active defender.

