

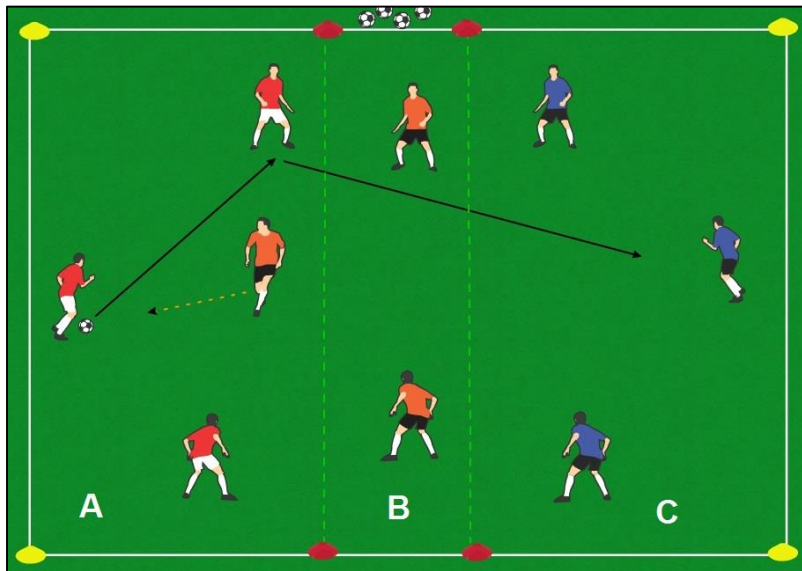


Difficulty level ★★★

Core skill: Striking the ball

# PLAY THE KILLER PASS

## Middle Activity



### Activity

The coach starts the game with a pass to a red player in grid A. At that moment one orange player from grid B sprints into grid A to defend & tries to win the ball. (3 v 1 in grid A.)

Red must now look for the right moment to play a killer pass through grid B (with the two remaining orange defenders) to a blue player in grid C.

Then immediately another orange player sprints into grid C to defend while the defender from grid A returns to grid B. (3 v 1 in grid B)

### Set Up

**Area:** Two grids of about 12m x 12m (A & C) separated by a grid of 12m x 5m (B).

**Players:** Three teams of 3 players with different colour bibs, one team in each grid as shown.

**Equipment:** one ball for the exercise, spare balls close by, 3 different coloured bibs, 8 markers.

### Note

If a defender wins the ball in grid A/C or the defenders intercept the killer pass in grid B, they change grids with the team that lost the ball.

### Step up/ Step down

Make the grids bigger/smaller

Free or limited touches (2-3) in 3 v 1

Killer pass: only on the ground or lofted pass allowed as well

Make easier: 6 players (2 per grid: 2 v 1) or harder: 12 players (4 per grid: 4 v 2)

*Play the killer pass through space in the opposition defence.*

*Move the ball around quickly to open up space before playing the killer pass.*