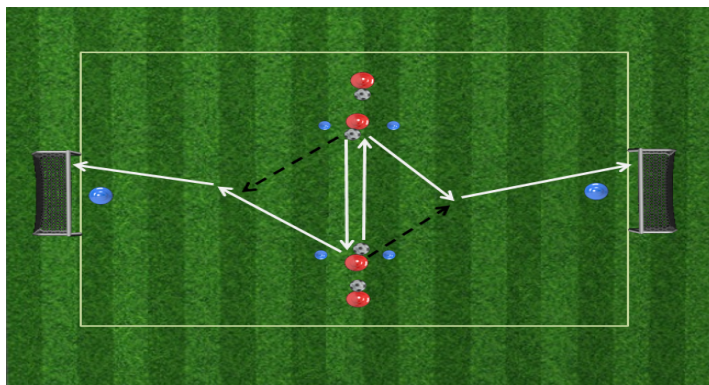


Through Balls In 2's #S76

How to: Set up a middle area with two lines approximately 7 yards apart inside a larger 40 x 30-yard area. Players stand facing each other with a ball each and pass the two balls between each other until coach's signal, upon the signal they lay off their ball to their opposite number and strike the layoff pass on goal.

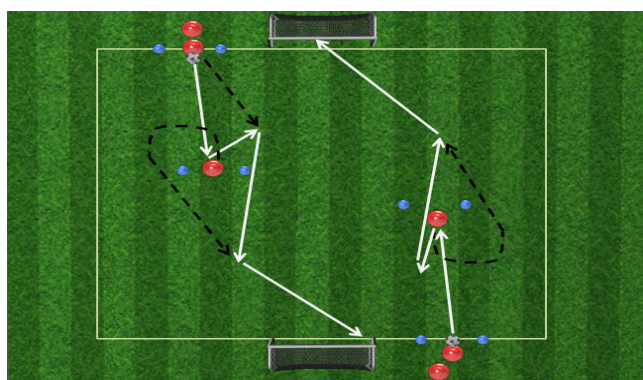
Coaching Points: Quality and weight of passes, timing of run, make sure you are running on to the pass rather than slowing down to receive it, it is much easier to take a chance when coming on to the ball. Accuracy, basic technique and creativity of finish are crucial.



Playing the Through Ball #S38

How to: Within a 35 x 35-yard area create a start line by either goal post and two coned gates as shown. Players line up with a ball each and a player occupies each of the coned gaps in field. First player from either line passes in to the middle player and moves in field to support. The receiving player makes a lay off pass and spins off the cones to receive a through pass then takes a shot on goal. Join the back of the next line.

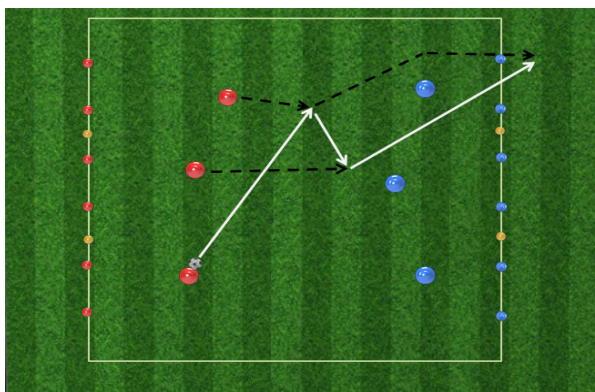
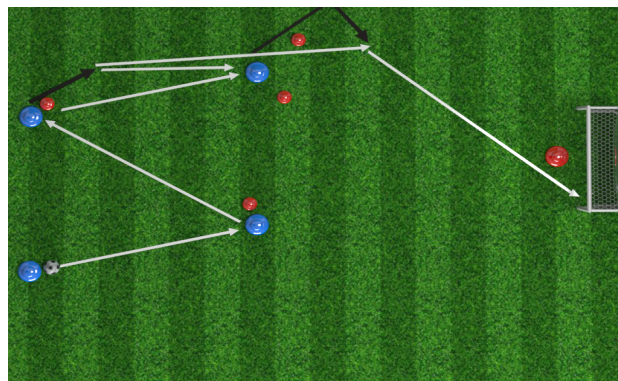
Coaching Points: accuracy and weight of pass, straight passes for diagonal runs, diagonal passes for straight runs. When running make sure to stay onside. Ensure you can check your shoulder to see where the pass is coming from and adjust your body to take the shot.



Building to the Final Pass #S35

How to: Set up a start line 45 yards from goal with a cone 10 yards to the side of that cone and one 12 yards in field towards the goal. Add a gate 10 yards to the side of that. Pass the way players are facing as shown. The final pass into the player on the gate is returned to the player who passes it, the player who made the layoff spins and creates an angle for a through pass and takes a shot on goal.

Coaching Points: Move quickly between cones, make accurate passes, communicate and experiment with the line of your run, a wider run will give you a better view of the field and may give you a better shooting angle.



Through ball small sided game #P21

How to: 45 x 35-yard field played width ways with three coned gates at either end. Players play under normal game conditions but to score a point they must make a pass to a teammate through one of the coned gates. The coned line acts as an offside line so players must time their run to remain onside before collecting the pass to score a point.

Coaching Points: Timing of runs and good timing of passes, keep your head up and be aware of opportunities. Be creative and don't rush chances, remember there are three opportunities to score, there may be a simple scoring chance, communicate with your teammates and be positive.