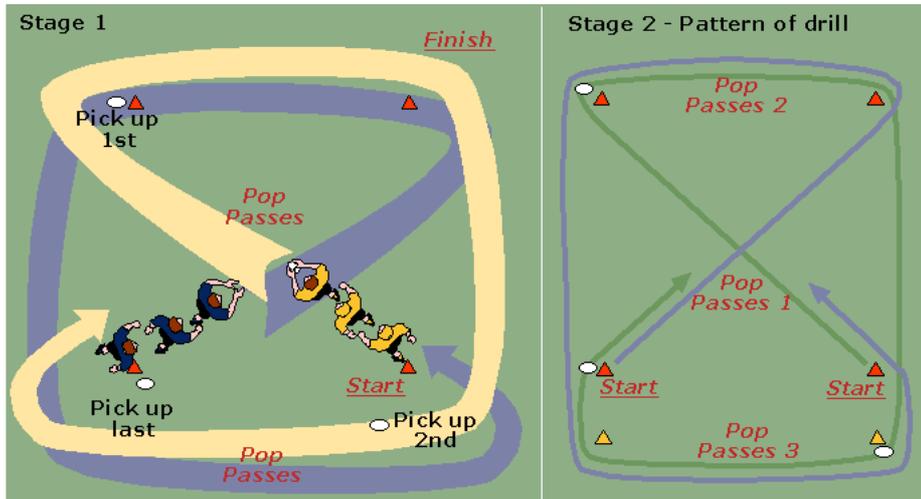




Cross Over Grid

MAIN TOPIC : Passing - Level 1



Sub Topics : Switch pass
Ball Control

Suitability: Colts
Grade

Group Size : 6 or more

Area size : 10m x 10m grid

Equipment : 3-4 footballs , 4-6 markers

Drill Description

This is one of those drills for which a diagram is almost impossible to draw - watch the movie clip over and over again till you have it! Here is an attempt at a description!

Stage 1

Place markers at the corners of a 10m x 10m grid and position two lines of 3 players at adjacent corners as shown.

The first player in the yellow group has the ball and leads off towards the opposite corner switch passing to the lead player in the blue team. He then switches with the second yellow player etc. The last player to receive the ball throws it to an assistant outside the grid or simply drops it. All players run to and around the cone on the opposite corner and proceed along that side line switch passing continuously with the second ball having been picked up by the leading yellow player.

Stage 2

This is the same as Stage 1 except that an extra pair of cones (with a ball placed alongside one of them) is set up outside and parallel to the side where the drill in Stage 1 was started. The players now switch pass on the diagonals, switch pass along the far side of the grid, return along the opposite sides of the grid to the new line and switch pass before returning to the starting point and repeating the exercise

My Notes

Drill Coaching Points

- This is an advanced switch pass drill and should only be performed by players who have "earned their stripes" doing hours of less complex switch pass exercises.
- Stress to the players that the secret to developing pace in this exercise is to spread out. Players invariably get too close together and as a result end up jogging or barely walking through the drill