

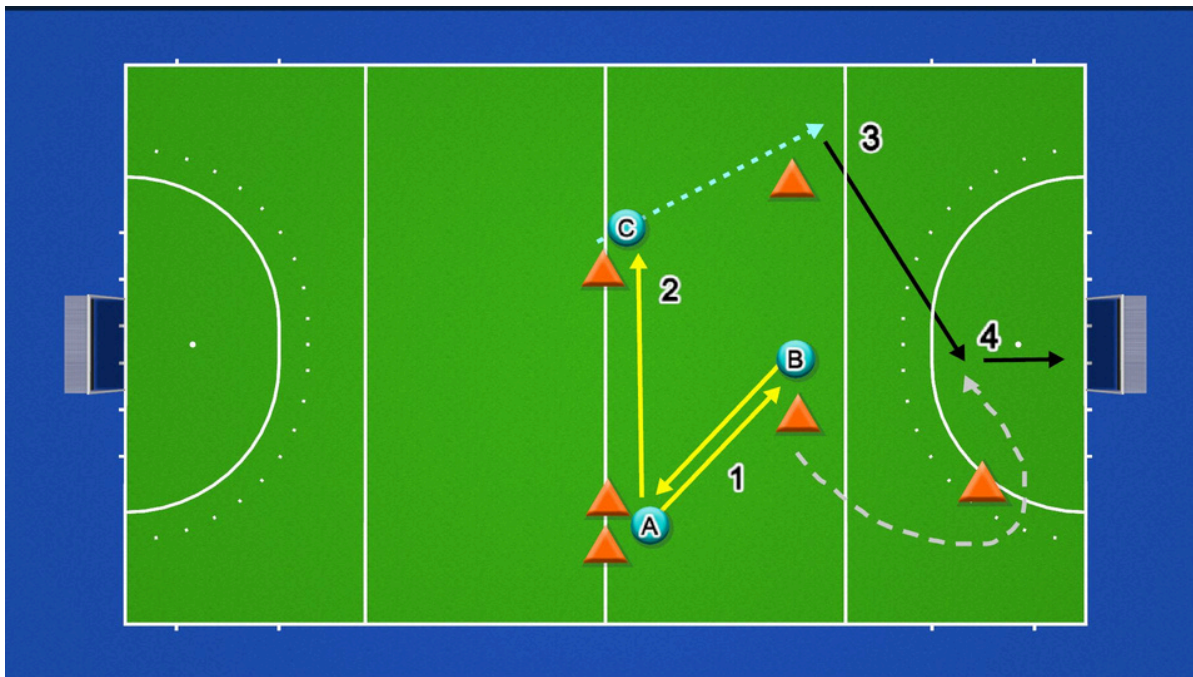
Work the Lead

Category: Warm-up Repetition Drill

Difficulty: Beginner > Intermediate

Drill of the Week #5

Work the Lead (30 mins)



Goal: To work to improve leads and timing of cuts for the ball and utilize varied passes and receptions.

Skill emphasis: Use different types of passes to put stipulations on technical player growth.

Drill:

1 - A passes to B and B passes back to A using a push pass. When A receives the ball back from B they want to step forward and through the small orange gate.

2 - A then passes to a leading C between the large orange gate using a flat sweep. The art of it is to get the ball and player (C) to meet at the same speed so C does not need to stop to receive. Practice the lead with a coach standing with C helping them judge the timing of their lead.

3-Once C receives the ball and moves around the last cone they will want to send a hard hit into the circle to B.

4-While parts 2 and 3 are happening B is holding their lead getting ready to see C receive the ball and lead into a place to redirect or tip the pass from C.