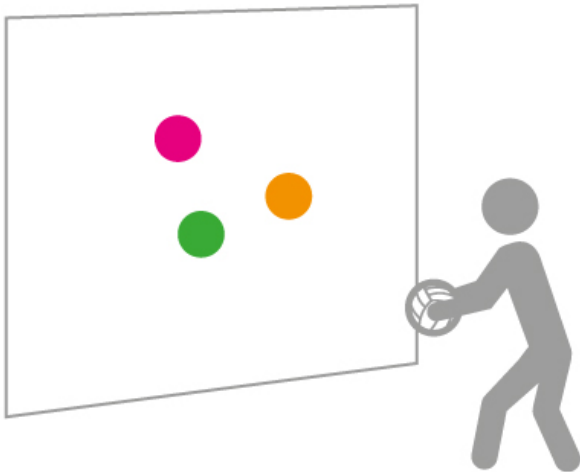


Ball Card 1



You need:

- 1 ball
- 3 targets
- 1 marker

Target positions:

- Pink – Overhead
- Orange – Shoulder height
- Green – Chest height

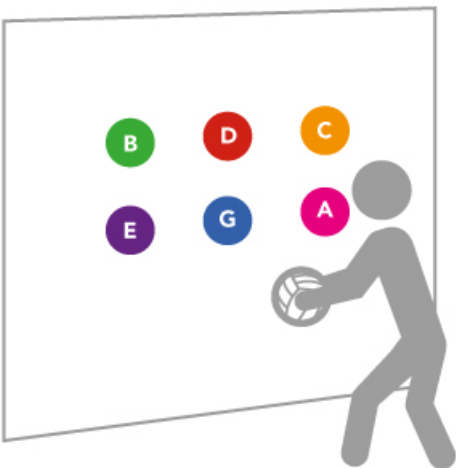
Passing Task

- 20 x Overhead (pink)
 - 20 x Shoulder (orange)
 - 20 x Chest (green)
- Adjust for younger players*

Variations

- Stand stationary facing
- Face away and pivot/pass
- **Passing under fatigue practice** - Place ball on marker 3 m from wall. Stand 3 m away from marker and sprint in and pick up ball, creating a grounded foot and deliver. If right hand dominate then pick the ball up with right foot as grounded foot – this promotes opposite foot to throwing hand on passing follow through.

Ball Card 2



You need:

- 1 ball
- 6 targets
- 1 marker

Target positions: 2 rows of 3

- 1st row - Overhead
- 2nd row - Shoulder height

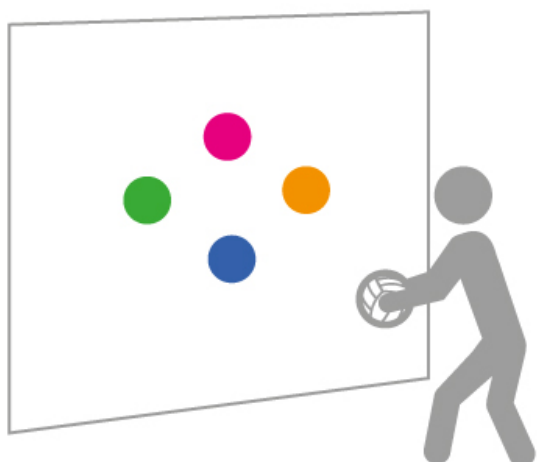
Passing Task

- 10 x Passes to each letter left to right
- 10 x Passes to each letter right to left
- 10 x Passes to each letter called randomly, until you have passed to all colours.
- Alternate between shoulder / chest pass – Top row / bottom row.

Variations

- Pass with preferred hand
- Pass with non-preferred hand
- **Passing under fatigue practice** - Place ball on marker, stand 3 m away from marker and sprint in and pick up ball, creating a grounded foot and deliver. If right hand dominate then pick the ball up with right foot as grounded foot – this promotes opposite foot to throwing hand on passing follow through.

Ball Card 3



You need:

- 1 ball
- 4 targets
- 1 marker

Target positions: Place targets at various heights and distances apart.

- Pink - Overhead
- Yellow & green- Shoulder height
- Blue - Chest height

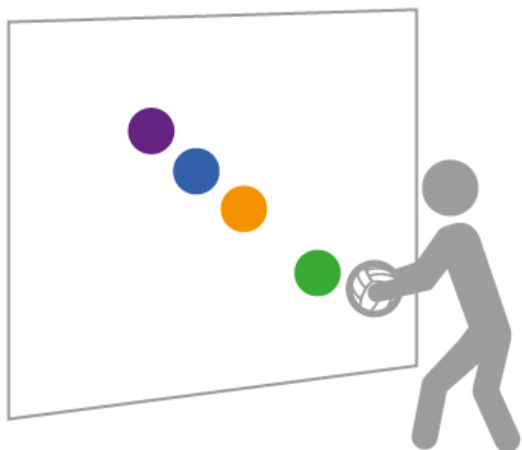
Passing Task

- 15 x Overhead (pink)
- 15 x Shoulder, preferred hand (yellow)
- 15 x Shoulder, non-preferred hand (green)
- 15 x Chest (blue)

Variations

- Stand stationary facing
- Face away and pivot/pass
- **Passing under fatigue practice** - Place ball on marker, stand 3 m away from marker and sprint in and pick up ball, creating a grounded foot and deliver.

Ball Card 4



You need:

- 1 ball
- 4 targets

Target positions:

- Purple - Overhead
- Blue - Shoulder height
- Orange - Chest height
- Green - Knee height

Passing Task

- 15 x Overhead & Lobs (purple)
- 15 x Shoulder, preferred hand (blue)
- 15 x Chest (orange)
- 15 x Bounce & underarm (green)

Variations

- Pass with preferred hand
- Pass with non-preferred hand
- Balk to the overhead marker, bounce to knee height.
- Balk to the knee height marker, lob to the overhead.
- **Combo Calls** –
e.g. "Purple, Yellow, Purple, Teal, Blue"
Use appropriate pass for different height.

Ball Card 5



You need:

1 ball
5 targets

Target positions:

Hold ball above your head with arms out stretched creating an ark with targets.

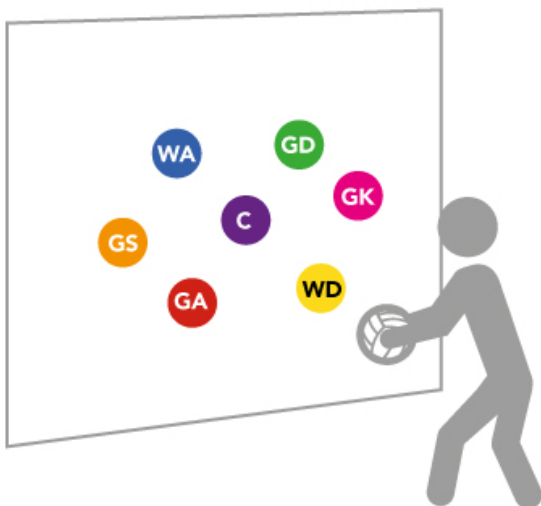
Passing Task

- 5 x Taps .5m from wall
Work the ball as fast as you can so it is a blur and looks like your fingers don't leave the ball. Be strong through wrists and fingers.
- Do the same from 1m, 1.5m and 2m.

Variations

- Double hand wall taps – follow the ark – left to right – right to left
- Left hand wall taps – pink, blue, jade – then switch to Right hand – jade, orange, yellow
- 1m from wall – Left-handed wall taps / Right-handed wall taps
- 2m from wall – Chest passes
- 3m from wall – Shoulder passes catching with 2 hands / catching with 1 hand.

Ball Card 6



You need:

1 ball
7 targets

Target positions:

Place targets like playing positions on a court.

Passing Task

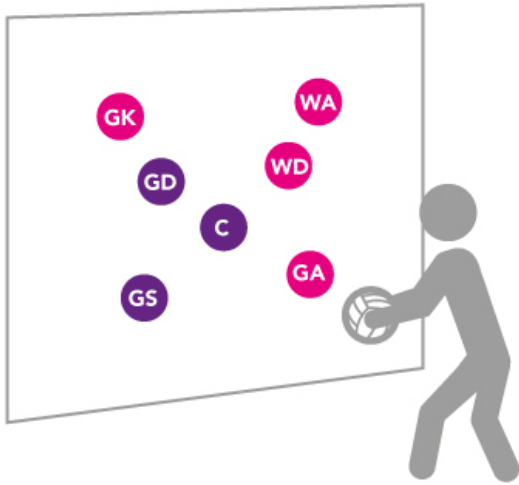
- 5 x Passes to each target
Pass a different pass at each target
GS – Chest, WA – Overhead, GA – Bounce, C – Hip, WD – Underarm, GD – Lob, GK – 2 handed reverse side pass.
- Do the same with random calls

Variations

- Pass with preferred hand.
- Pass with non-preferred hand.
- Alternate pass to playing position versus playing position e.g. GA Bounce / GD Lob.
- **Combo Calls** -
Face away from wall. Call out 4 different colours. Turn and hit the targets without pausing.
- Work from left to right or right to left.

Ball Card 7

Multi-tasking - Intermediate



You need:

- 1 ball
- 7 targets
- 1 marker

Target positions:

Vary the space and height of targets

Passing Task

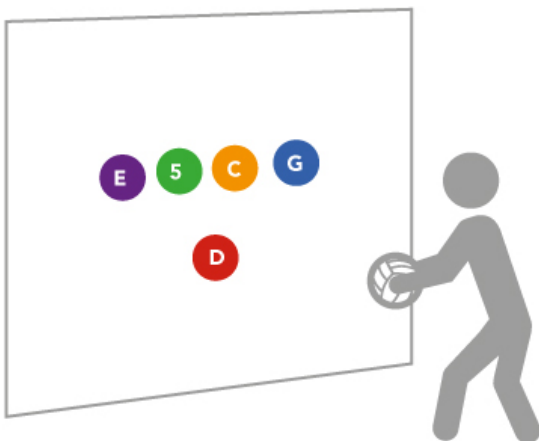
- 10 x Passes to each target
GK – Lob, WA – Overhead, GD – Left Shoulder, WD – Right Shoulder, C – Chest, GA – Underarm, GS – Bounce

Variations

- Start standing side on, pivot and deliver. Then stand facing away, pivot and deliver.
- Place ball on a marker 3-4m away. Drive at marker from 5m away on a 45° angle. Picking ball up with preferred hand and same foot.
- Lay on the ground with feet to wall. On call, jump up quickly and pass to target e.g. "Purple GD" "Pink GK". Remember the passes that corresponds.
- Combo Calls -**
Face away from wall. Call out 4 difference colours. Turn and hit the targets without pausing.

Ball Card 8

Multi-tasking - Intermediate



You need:

- 1 ball
- 5 targets
- 1 marker

Target positions:

1st row – Overhead
2nd row - Hip height

Passing Task

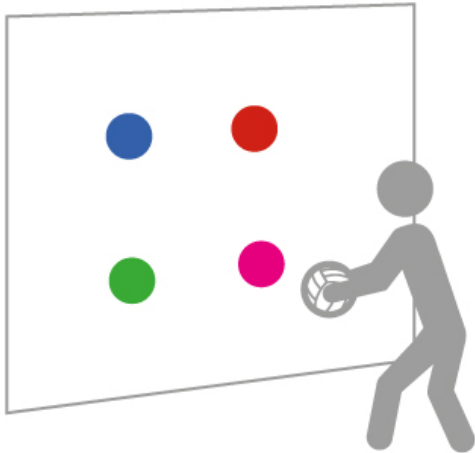
- 5 x Passes to each target 4m from wall
- Do the same with random calls
- Change variety of pass e.g. Red D – Underarm or Bounce. Top row – Shoulder or Chest

Variations

- Pass with preferred hand.
- Pass with non-preferred hand.
- Place ball on a marker 4m away. Drive at marker from 5m away on a 45° angle. Picking ball up with preferred hand and same foot.
- Lay on the ground with feet to wall. On call, jump up quickly and pass to target e.g. "Purple E" "Yellow C". Alternate left and right hands.
- Combo Calls -**
Start facing away. E.g. "GK, D, S, E, C" or a combo of colours, or both.

Ball Card 9

Advanced



You need: 1 ball
4 targets

Target positions:
1st row – 1m above head height
2nd row – In line with palm when hanging at your side.

Passing Task

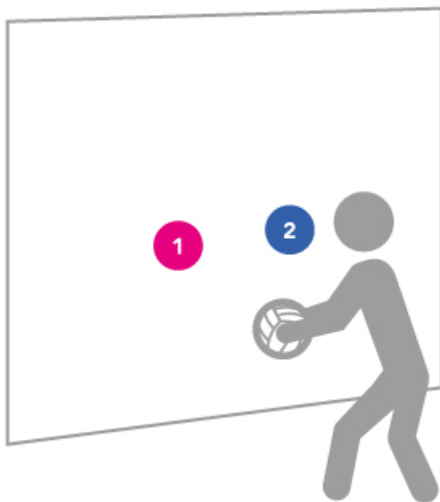
- 10 x Passing sequences
- Deliver ball to red and catch it with right hand. Let the shoulder roll out and down to complete an underarm pass to pink. Catch the ball from pink with right hand then roll the ball back up to do a cross over high pass to blue. Catch the ball from blue with left and let the shoulder roll out and down to complete an underarm pass to green. Catch the ball from green with left hand then roll the ball back up to do a cross over high pass to red – sequence complete.

Variations

- If the above is too hard to control just swing top bottom with the left hand. Blue to green over and over. Then do the same with right hand red to pink then add the cross over.

Ball Card 10

Peripheral Vision - Advanced



You need: 1 Ball
2 Targets

Target positions:
Between shoulder and waste height.

Passing Task

- 5 x Passes to each target
- The better your peripheral vision the more in line your body will be with No. 1 target. If PV is underdeveloped, keep stepping back until you can see the target whilst looking forward.
- Deliver the ball to the targets and catch while looking forward.
- Alternate between passing to 1 and 2.
- When passing to No. 2 you need to move forward to catch.

Variations

- Pass with 2 hands (side flick) / catch 2 hands, pass with 1 hand / catch 2 hands
- Pass ball behind your back and catch with peripheral vision.
- If you have a corner wall you could pass to the wall in front then to the peripheral wall target.

Ball Card 11

Clock Passing in Pairs

You need:

1 ball

2 players (1 thrower and 1 worker)

Passing Task

- Thrower passes a chest pass to the worker. Worker passes back correct pass type going around the clock clockwise.
- Do the same anti-clockwise

Variations

- Call random time patterns e.g. "11 o'clock, 3 o'clock, 7 o'clock".
- Call random pass types. Dictate that player uses right hand then left hand or vice versa. Players need to hit the o'clock targets with called pass e.g. if they hear "lob" they need to use right hand then left hand and hit the 1 and 11 target with a lob pass.

