



FOUNDATION COACHING RESOURCES NOW ONLINE

A series of visual skill and drill demonstrations, and downloadable documents for teaching athletes at the Foundation level in the Athlete Development Framework areas of: **Movement, Ball Skills, Rollball, Rucking, Attack, Defence, and Game Concepts & Strategies.**



FOUNDATION SKILLS
Passing - on the run

Description:
The game of Touch Football will require players to deliver all manner of passes whilst on the run. Therefore it is essential that players have good technique.

When Used:
Passing on the run is used throughout the entire attacking process.

Key Coaching Points:

1. The passer should run with the ball in both hands utilising the correct basic grip.
2. The passer looks toward the receiver and focuses on the target area (usually the outstretched hands - or just in front of the chest).
3. The passer looks the nearest position of the support body - above receiving feet and ball in two hands.
4. The passer steps forward on their right leg if passing left on the ball to draw back and then across the body toward the receiver.
5. The ball is held outstretched with both elbows becoming fully extended and arms supporting the ball toward the target. Wrists and fingers contribute to the most accurate delivery and/or throw.
6. The passer follows through and nudges to support the new ball carrier.

Common Errors:

- Incorrect grip or changing grip prior to passing.
- Not looking at the receiver or target before passing.
- Passing from a progressively bent or awkward with little rotation of the hips.
- Not stepping on to the forward leg.
- Little to no extension of arms.
- Trying to spin unnecessarily or 'under-throwing' or 'suck' into.
- Missing the ball or too wild.
- Fails to nudge or support after passing.

Key Tip:
The ability to pass well from the weak/counter-attacking side is a deciding factor in whether a player wins or not. Can progress up the field. Keeping players close to the correct technique and continue to practice skills in only part of the field - receiver need to call to receive. Forwarding pass or received technique to receive allowing better opening, will have a detrimental effect long term.

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