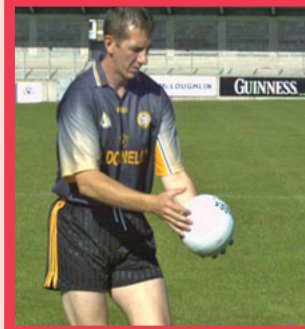


FIST PASS

The Fist Pass is a variation on the hand pass used to pass the ball over short distances. The technique involves supporting the ball with one hand, and striking with the closed fist of the free hand. A Fist Pass may be used to score a point, a hand pass may not.



Support the ball in the palm of the non-striking hand.

KEY TEACHING POINTS



Swing back and extend the striking hand. Eyes on the ball.



Lean forward; strike through the middle of the ball with the fist. Keep supporting hand steady.



Draw the ball into the body.

To Coach the Skill use the **IDEAL** method

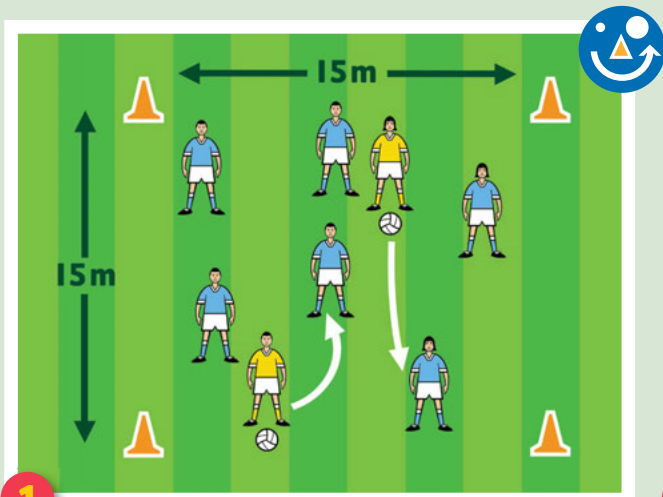
- I**NTRODUCE the Skill
- D**EMONSTRATE the Technique
- E**XPLAIN the Activity
- A**CTION
- L**OOK and Observe

LOOK OUT FOR THESE COMMON ERRORS

- Throwing the ball from the supporting hand
- Failing to keep the supporting hand stationary
- Holding the ball too near or too far from the body



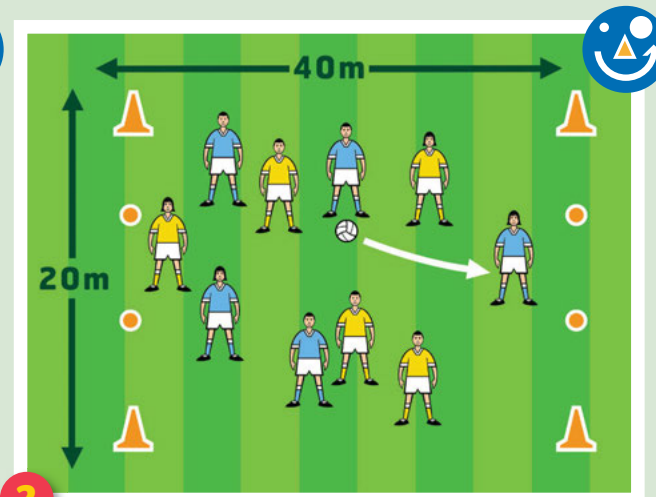
FIST PASS DEVELOP THE SKILL



1

DODGE BALL

Divide the players into two teams. Players in possession attempt to fist pass the ball against opponents. Opponents dodge or catch the ball.



2

GOALS GALORE

Divide the players into two teams. Fist pass the ball through the opponents goal to score.

VARIATIONS

The STEPR method is a simple way to vary any activity, game or drill.

Space **T**ime **E**quipment **P**layers **R**ules

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** how long are players working for? Challenge the intensity by reducing the time
- E** alter the equipment. Use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge or introduce opposition, from token opposition to partial opposition to full opposition
- R** adapt the rules of the game to assist with achieving a certain outcome.

DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game

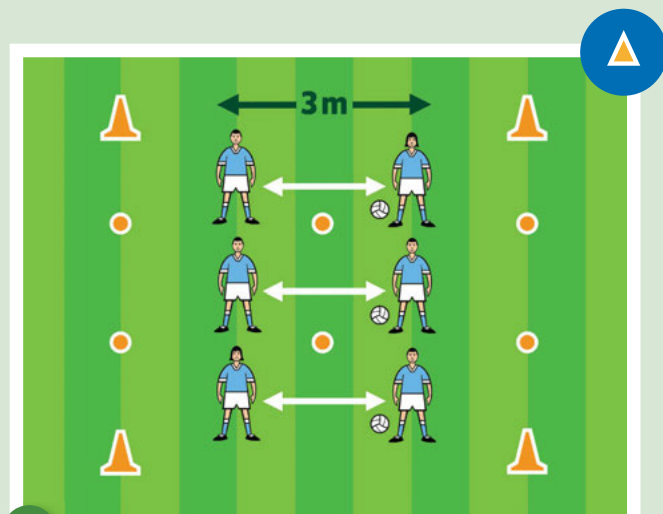


Modified Game



Game Play Routine

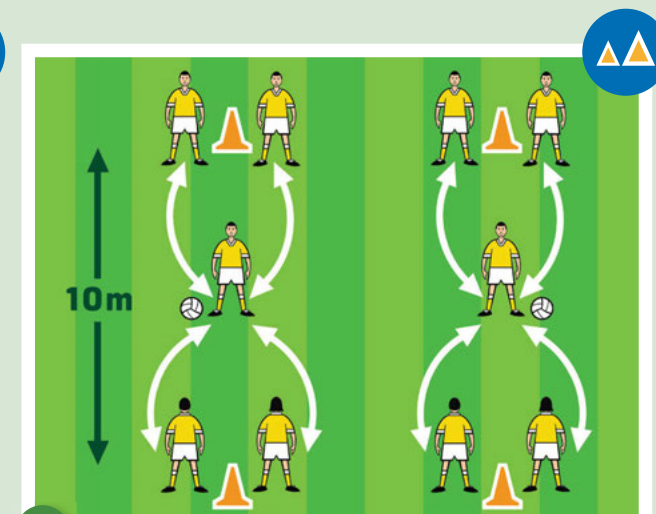
FIST PASS PRACTISE THE TECHNIQUE



1

PARTNER KICK

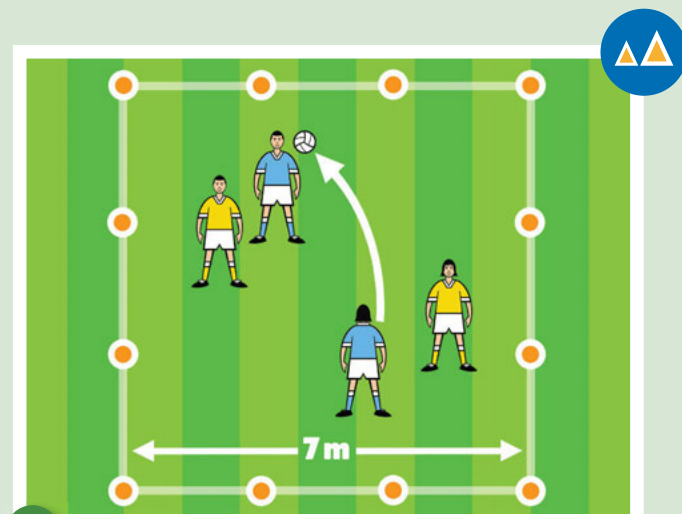
Players in pairs. Players fist pass the football to their partner.



2

PRESSURE PASS

Centre player receives and passes to outside players in turn.



3

TEAM BALL PASS

A possession game. Award scores for the number of passes completed.