



Pass Specific Dummy Half

Equipment required:

Two cones and one football (depending on the number of groups performing the drill)

Aim:

Improve a players dummy half pass technique and their ability to execute it.

Action:

Player commences with one knee on the ground and the ball in front of them. Using the top hand, the player would use to perform the pass, he or she passes from the ground single handedly to another player 3m – 5m away.

After performing 10 passes with one hand, the player then replicates the above with the alternate hand.

This helps in strengthening the wrist and therefore the power of the pass which allows the ball to get to the recipient quicker.

Progression:

Player assumes the same position but uses two hands to perform the pass, focusing on the top hand being the strength of the pass and the bottom hand controlling the direction. It is essential to follow through to your target.

