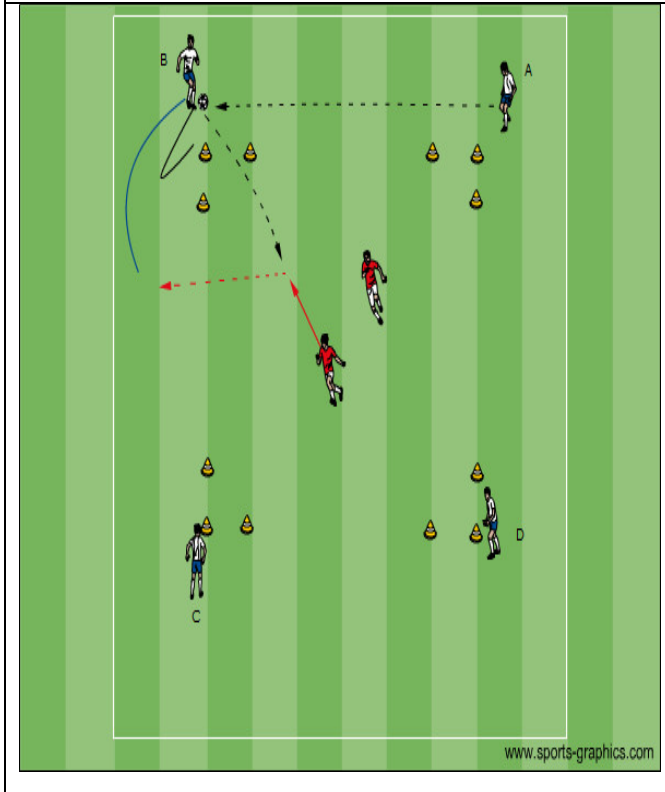




# Dick Bate Square Passing Box

Set-up	Description
	<p>Groups of 4 players with one ball. Place extra balls either in the grid or nearby to keep the exercise flowing in the event of mistakes.</p> <p>The Square should be approximately 15x15 yards. There should be three discs at each corner of the square (as pictured).</p> <p>The Goal of this exercise is to help program movements into our players while also helping them develop proper habits to read the game and play in a creative manner.</p>
<p><b>Creating Separation from a defender</b></p>	<p><b>Focus</b></p> <p>Players should start on the furthest disc from the player they'll be receiving the ball from (Player C &amp; D's position in the left hand picture).</p> <p><b>1<sup>st</sup> Movement:</b> When player B takes his/her first touch "prepares the ball", player C should break off the disc "separate from the defender" and show into the space to receive a pass from B. Player D should now be prepared to separate from the defender on player C's preparation touch. Exercise continues.</p> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>• Crisp Passing</li> <li>• Explosive Separation from defender</li> <li>• Head on a swivel- Can we take a look at where we want to play next as the ball is traveling?</li> <li>• Clean 1<sup>st</sup> touch</li> </ul>
<p><b>Moving Away from the Ball</b></p>	<p><b>Focus</b></p> <p>Players should now start on the closest disc from the player they'll be receiving the ball from (Player B, C &amp; D's position in the left hand picture).</p> <p><b>2<sup>nd</sup> Movement:</b> Just as player A is about to pass the ball to player B, player B drifts backwards (moves away from the ball) to create additional space before receiving the ball. When player B takes his/her first touch "prepares the ball", player C should drift away (exercise continues).</p> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>• Crisp Passing</li> <li>• Creating that extra yard or two of space upon receiving the ball</li> <li>• Head on a swivel</li> <li>• Clean 1<sup>st</sup> touch</li> </ul>

<b>Introduction of Midfield Connector</b>	<b>Focus</b>
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Players should now start on their central disc.  
 Two midfield players (red) are now introduced into the exercise.

**Final Movement:** Just as player A is about to pass the ball to player B, player B “checks away” (moves away from the space he/she wants to receive the ball) to create separation from the defender. As player B is about to receive the ball one of the central midfielders should show for support. It’s important that the midfielder times his/her run to arrive on time (not too early, not too late). Can player B slip a pass to the midfielder and quickly move to receive a return pass?

**Focus:**

- Crisp Passing
- Preparing the space
- Head on a swivel
- Timing of support runs
- Playing with various surfaces (outside of foot, inside, etc.)
- Communication

**Note:** The group of four does not need to enter the ball into the midfielders. Midfielders should keep a balance (one shows, one holds central) to mirror their movements and interactions in a match.

<b>Optional Variation</b>	<b>Focus</b>
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Have two groups of 4 players. This will create a work to rest ratio of 1:1. The white group carries out the exercise as before, but the red group now stands off the right hand shoulder of a player as they receive the ball. The red players have a yellow and red disc in their hands.

**The Exercise:** All of the previous movements apply, but now as the ball is traveling to a player, that player **MUST** take a look over his shoulder “take a picture” (the resting/red player should hold up one disc red or yellow) and shout out the color of the disc before receiving the ball.

**Rotation:** After 3 minutes rotate the white and red groups. After both groups have gone, repeat in the opposite direction.

*This is an outstanding warm-up to help program players with a proper skill set to meet the demands of the modern game, movement off the ball, timing of runs, crisp passing, taking a look!, but for the exercise to truly be effective, the coach **MUST** demand that all the movements & requirements of the exercise are carried out at game speed. **Coaching Demand:** If you let your players get away with things that wouldn't work in the game during training! What is the point of training?*