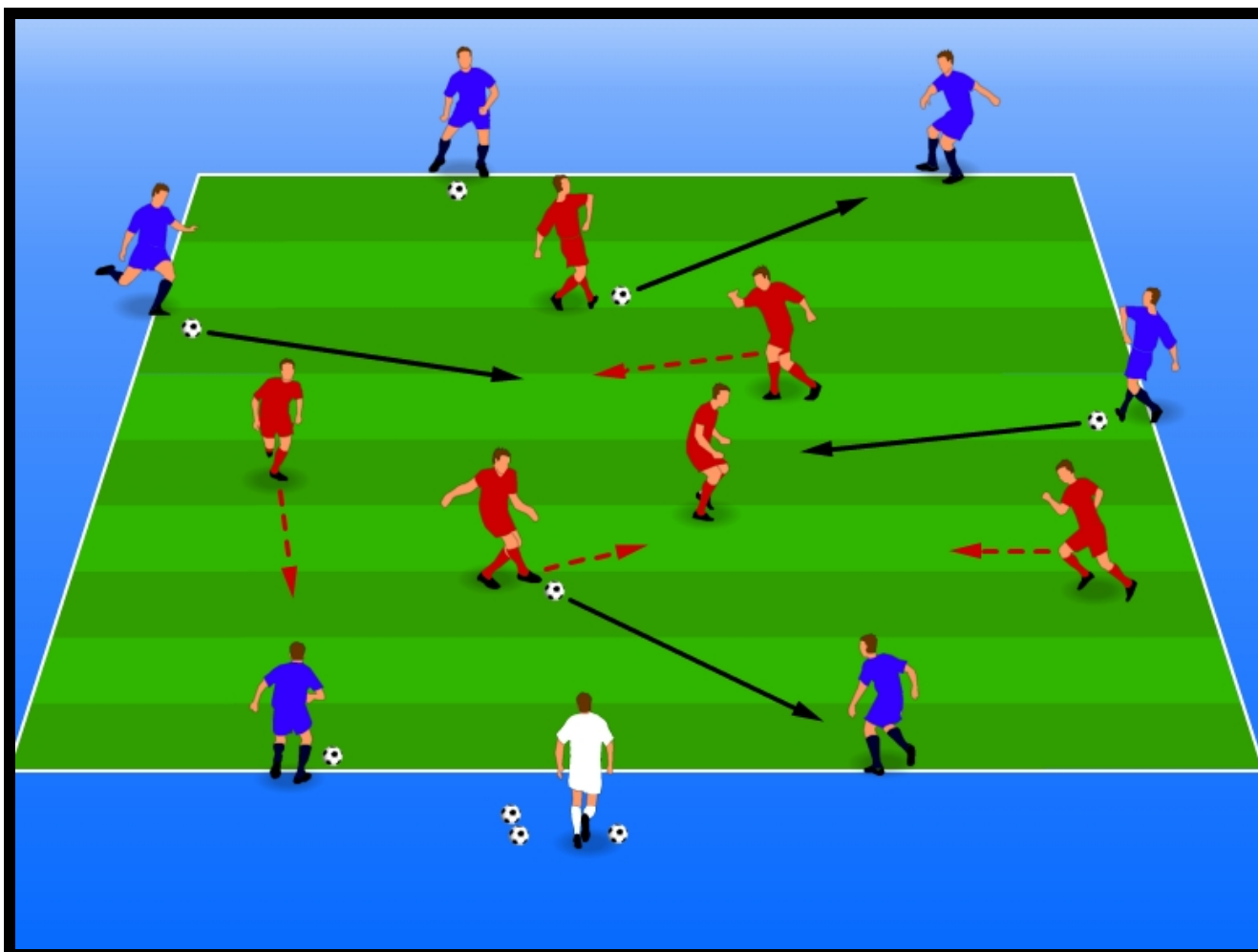


## Open Windows

## Fundamental

## Passing



**Set Up:** Twelve players are set up on a large grid, with six players starting on the inside and six on the outside.

**Procedure:** Six players move within the grid, receiving balls from the six outside players. Certain conditions can be put on the drill:

- 1) One touch return passes.
- 2) Control an air ball, pass it back out.
- 3) Receive, turn away, and pass to a player on the outside.
- 4) Head the ball back to the server.
- 5) Pass the ball to an outside player and trade places.

**Teaching Topics:**

- 1 Speed of play.
- 2 Decision making.
- 3 Ball control.

**Progressions:**

- 1 Progress to Windows in Threes.

**Coaching Points:**

- 1 An air ball should be controlled and passed within two touches.
- 2 Choose the ball control technique as early as possible (chest trap, thigh trap, etc.)
- 3 Direct the first touch away from the traffic (or away from an imaginary defender).