

# 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

To Coach this Skill use the **IDEA** method

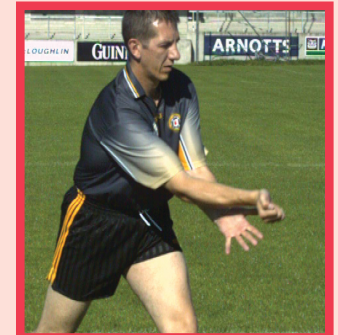
- I**NTRODUCE the skill
- D**EMONSTRATE the technique
- E**XECUTE the activity
- A**TTEND and provide feedback



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



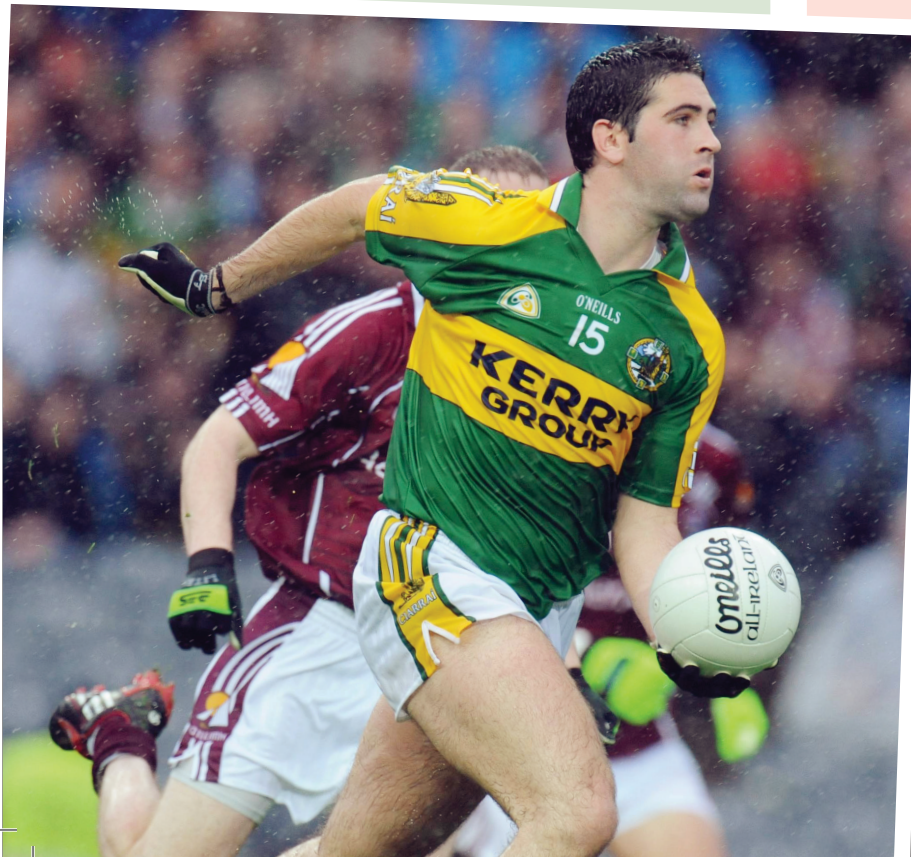
Lean forward; strike through the middle of the ball with the fist. Keep supporting hand steady.



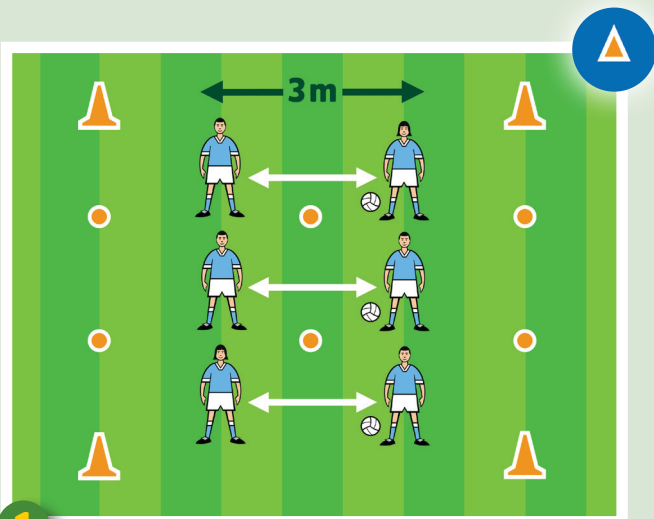
Follow through in the direction of the target.

## 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



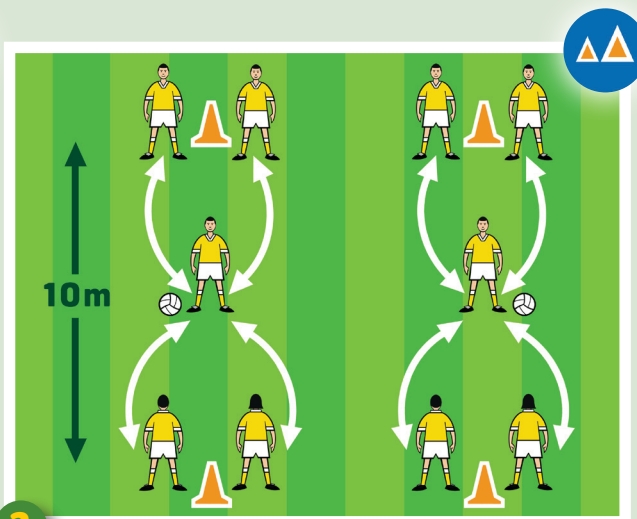
## FIST PASS PRACTISE THE TECHNIQUE



1

### STATIONARY FIST PASS

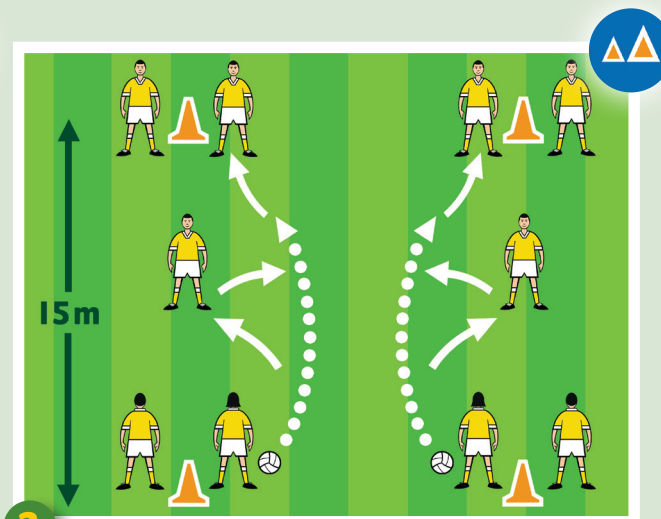
Players in pairs. Players fist pass the football to their partner.



2

### PRESSURE PASS

Centre player receives and passes to outside players in turn.

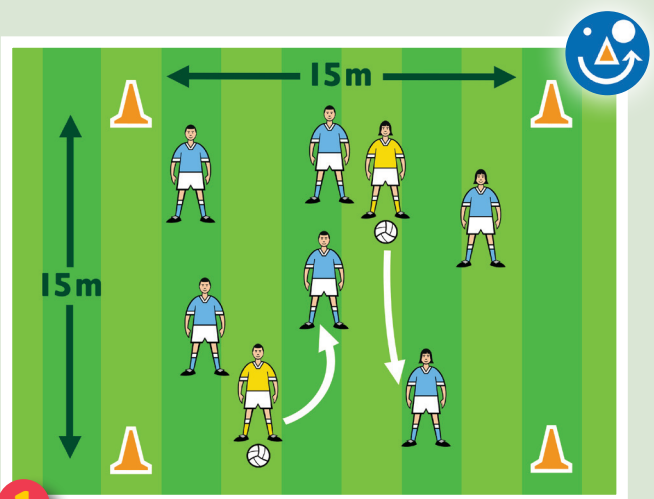


3

### MOVE AND PASS II

Players in groups of 5. Outside players pass to and receive pass from centre player before passing to next in line.

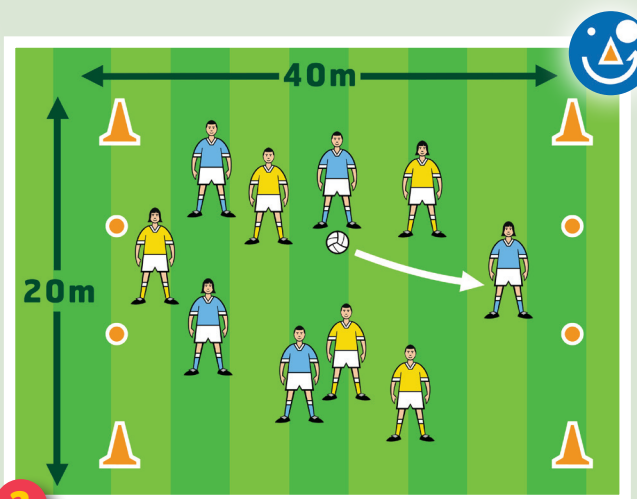
## FIST PASS DEVELOP THE SKILL



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

**S**pace **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - use a bigger or smaller football, 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.

## DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Routine