



Passing Part four

Area 20x30

Purpose- Passing to keep possession

Organization

The game is set up as a 6v4, with six attacking players and four defenders

Four coned goals are set up around the outside of the grid

Attacking players must make five passes in a row to score one point

Defenders must win the ball off attacking team and try to score in one of the four goals around the outside of the field to score a point

Play for 5 minutes and see who wins the game.

After 5 minutes change defenders and play game again

Coaching Points

Communication

Movement into open space to receive the ball

Person without the ball is the most important person as they make the decision for the person on the ball

Open hips- good first touch out of your feet at slight angle so you can pass in all three directions. Forwards, sideways and backwards