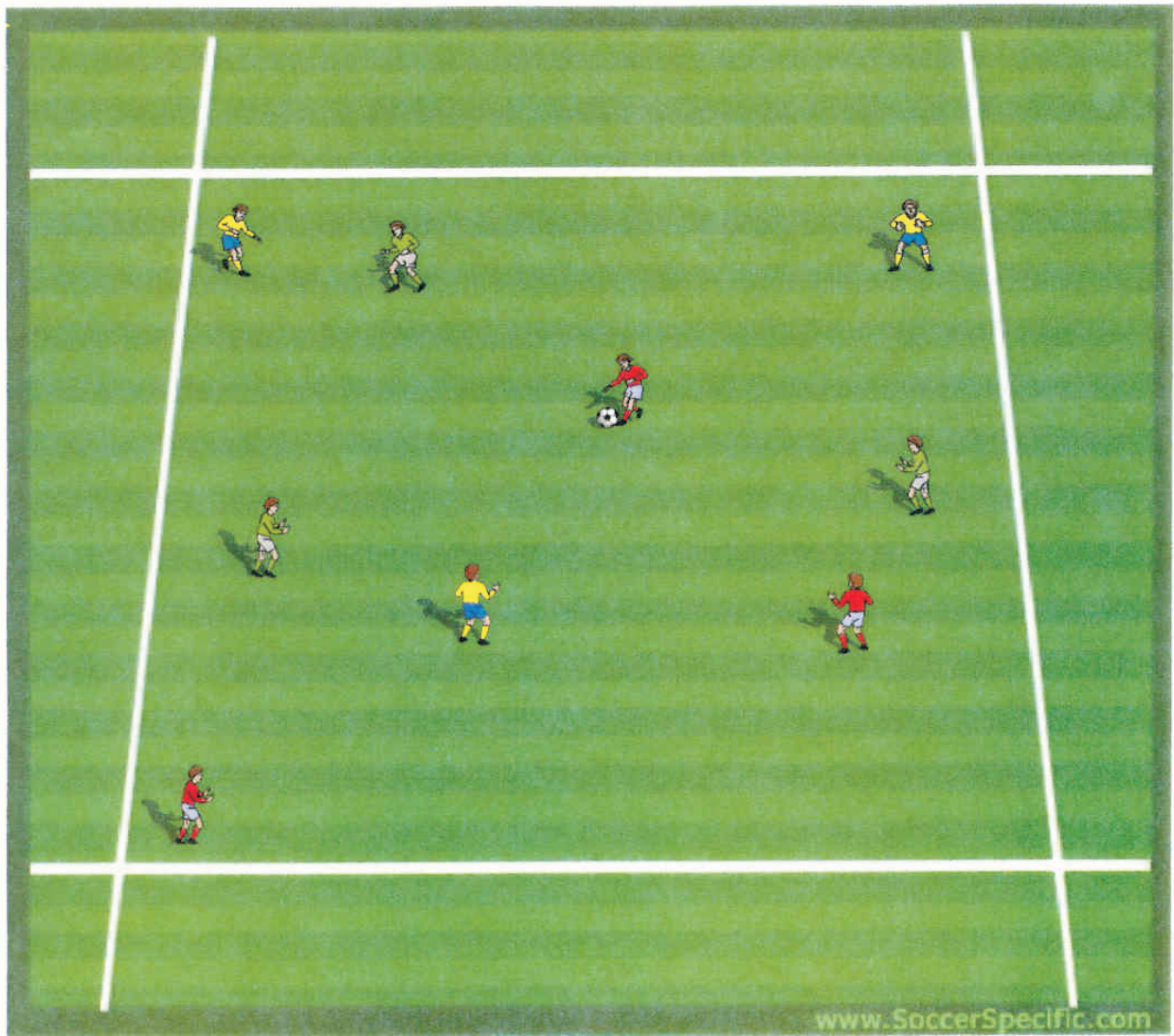


Passing Opposed Exercise



Purpose: Opposed scrimmage focusing on passing and movement

Organization

1. Red and yellows need to keep possession of the ball away from the green players
2. Every time green players get the ball they get one point and retain possession for as long as they can
3. Every time red and yellow players make three passes they get one point
4. Middle player change every 90 seconds

Coaching Points

1. Work as a team
2. Create good passing angles
3. Look to switch the field
4. Good communication
5. Receive the ball sideways on to allow as many different passing angles
6. Keep the head up so you can maximize your options