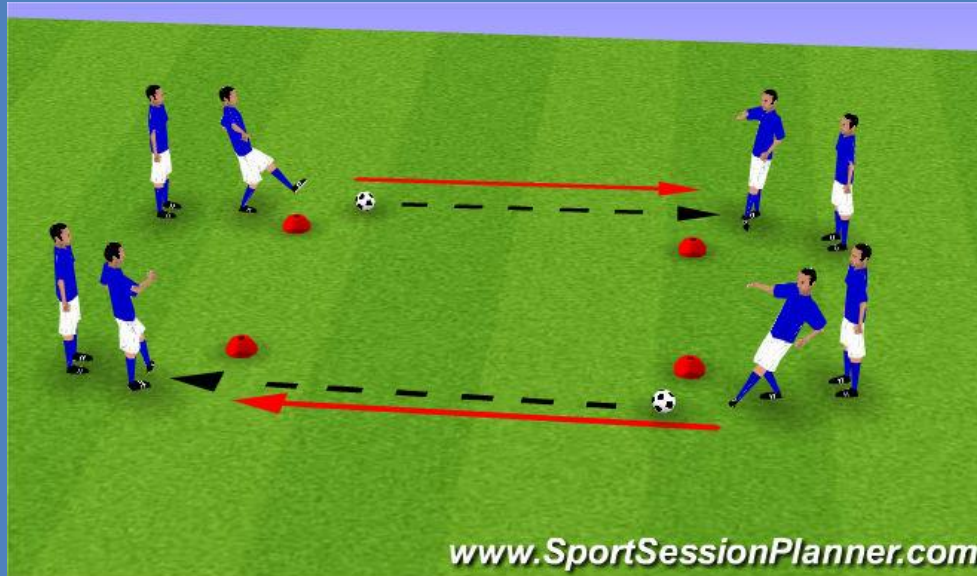


Passing lines



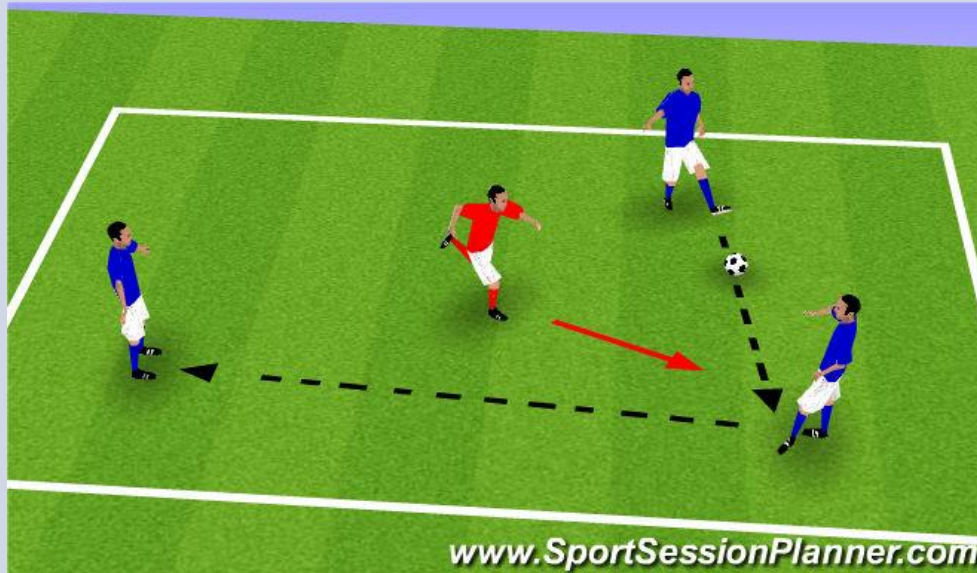
RULES

- Split players into even number of groups
- Each group stands behind a cone and faces the group in front of them
- Player pass the ball to the group in front of them and follow the pass
- Next player passes back to where the ball started and follows pass
- Continue for 1 min

POINTS

- Be ready to receive ball
- Soft touch out of feet
- Body facing target when passing
- Standing foot at side of the ball
- Head down looking at ball when passing

3v1 possession



RULES

- 3v1 with 1 ball
- Players try and keep ball away from player in middle by passing around him/her
- If defender gets ball or ball is kicked out, whoever lost the ball becomes the defender

POINTS

- Find open space to receive pass
- Call for ball
- Touch should be away from defender but where player is looking at center part of field
- Firm passes
- Once passed the ball don't stand still

4v4

possession



RULES

- 2 teams
- When a team is in possession each team tries to keep the ball away from the other team
- If the other team win the ball they try and keep possession

POINTS

- Find space to receive ball
- Call for the ball
- Receive the ball with body facing larger part of the field (not into a corner)
- Look to make a pass to someone who is open
- Firm passes
- Once passed the ball, find another space

GAME



RULES

- 4v4 with no goalkeepers

POINTS

- Keep head up
- Look for open spaces
- Dribbling into open spaces toward the opponents goal
- Take quick shots