



Dimensions: Set up two evenly sided areas based on the number of players you have per team. 25 x 40 yards with one line down the middle. Split the players into two teams, one in each half of the field.

How to: One team starts with the ball and must attempt to make 5 passes, every 5 passes in their own area equals one point. The opposing team are allowed to send in 2 players to attempt to win the ball back. If they win the ball back they must quickly switch the play back to their half and begin making passes of their own to score points. The other team can then send two players in to try and win the ball back for their team. First team to 5 points wins. (Adjust the number of defenders in the opposing area to increase or decrease the difficulty level)

Notes:

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Coaching Points: Defenders will work to make the space more compact. Try to make the field as big as you can when you have the ball.

Support the player in possession to allow them to find a simple pass. Work hard off the ball to create space.

