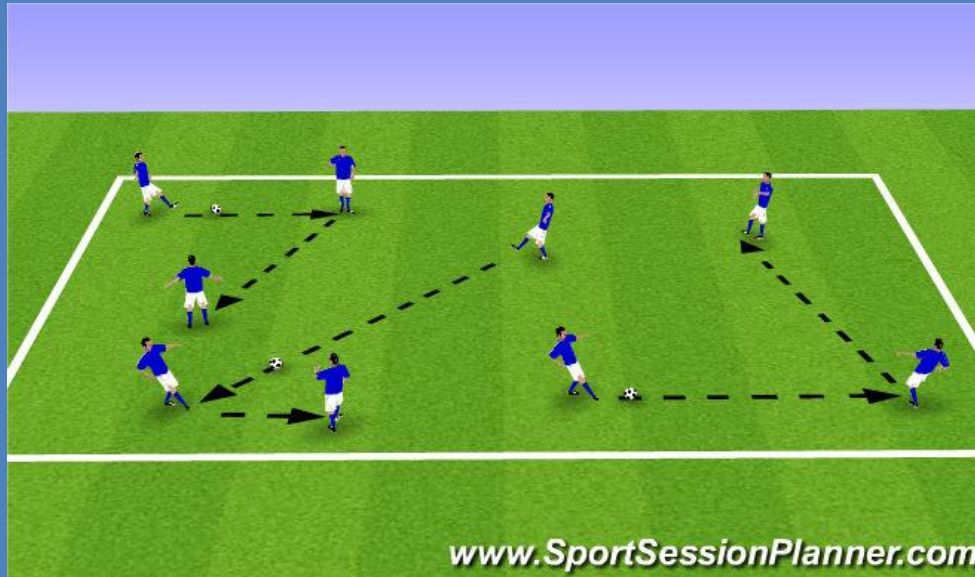


Groups of 3 passing



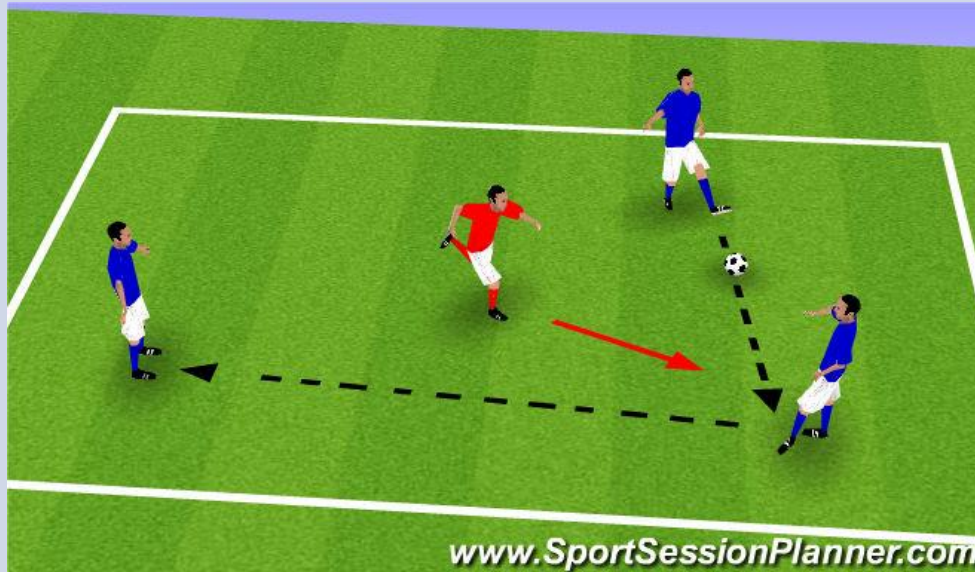
RULES

- In groups of 3 passing
- All players are moving around area while passing

POINTS

- Communicate
- Quality passes
- Keep head up to see team mates and other players
- Think about where players are running too

3v1



RULES

- 3v1 possession
- Players keep ball away from defender
- If defender wins ball or ball goes out of bound player who lost ball or kicked ball out is new defender

POINTS

- Don't stand still
- Find spaces to receive ball
- Give team mates options
- Create receiving angles
- Communicate
- Make quick passes if defender is near

5v5

possession



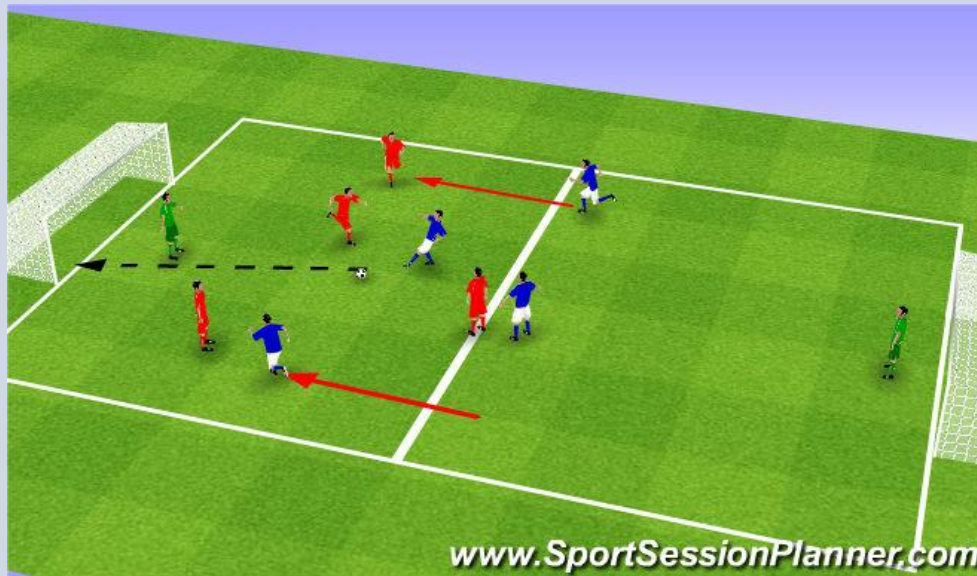
RULES

- 5v5 possession to start
- For every 5 consecutive passes team gets a point
- To progress game, teams must pass through the cones to get points
- Make team make 3 or 5 passes before they can go through cones

POINTS

- Get into space to receive pass
- Communicate
- Move ball quick when defenders are near
- Don't just stand around

5v5 GAME



RULES

- 5v5 with goalkeepers

POINTS

- Move ball into spaces
- Communicate
- Don't stand and wait
- Can you find penetrative passes