



## PASSING

### SET UP:

20 x 20yds up to 40 x 40yds depending on age and abilities of the players.

Three teams of up to five players each.

Two teams each player has a ball, they are attackers.

Players on the third team, without balls, are the defenders.

Teams wear different colour bibs

### ACTION:

On the coach's instruction the attackers dribble around the area while the defenders try to kick the attacker's balls out of the area.

When the attacker loses his/her ball he/she can stay in the area to combine with the other attackers to keep possession of as many balls as possible.

The coach times how long it takes for the defenders to get all the balls out of the area.

Each team takes a turn as defenders.

### TIPS:

Time each game so you can compare times of possession for each team and measure progress from one session to another.

The team with the better passing and support play will generally stay in the game the longest.

### NOTES: