



ACTION:

Team in possession passes the ball amongst themselves in their half of the pitch. Team without possession sends two players into the opposing team's area and tries to win the ball. On winning the ball it is passed back into the other half and the team losing possession sends two players in to win back possession.
Points are awarded for each run of five consecutive passes

TIPS:

Change the defending players if possession is not won back quickly.
Always give the player in possession options to pass by moving into space to receive a pass.
Relevant communication to teammates i.e. 'man on', pass left, pass right etc.

NOTES:



GROUP PLAY

SET UP:

30 x 40yd area
Two groups up to seven players