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Dimensions: 20 x 20 yard area with a narrow channel going through the centre. One defender occupies the central channel with a passing player either side.

How to: Passing players must attempt to pass to each other through the middle channel bypassing the defender. The defender works hard to monitor the position of the receiving player and cut out the pass through to them.

Coaching Points: Stay alert, watch where the player in possession wants to pass the ball and be ready to cut out the pass, be prepared to change direction and take a chance to anticipate the pass. If the defender cuts the pass out they attempt to use the possession by taking on one of the passing players 1v1 and dribbling outside the area.

Progressions: have two defenders in the middle and two players either side. Now defenders must work together to cut out passes and close down passing channels.



**COACHES**  
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