



Dimensions: Spread your players in a circle approximately 10 yards in diameter, adjust this to the number of players you have. Start one player in the middle of the circle (increase the difficulty by adding a second defender to the middle) the passing team starts with a ball.

How to: Players must pass the ball around and try to keep the ball away from the defenders, players work to support each other with short passing options and make themselves available for longer relief passes. If the defender takes the ball or intercepts a pass they then switch with the player who lost possession and the game continues, the first pass is always a free pass.

Coaching Points: Support and communicate, let players know when you are available to receive a pass, try to know your next pass before you receive the ball. Move the ball quickly when under pressure.

Progressions: Play with two touches per player only to force players to focus on their next pass before they receive the ball.

Notes:

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