

Passing Drill

3 TEAM POSSESSION

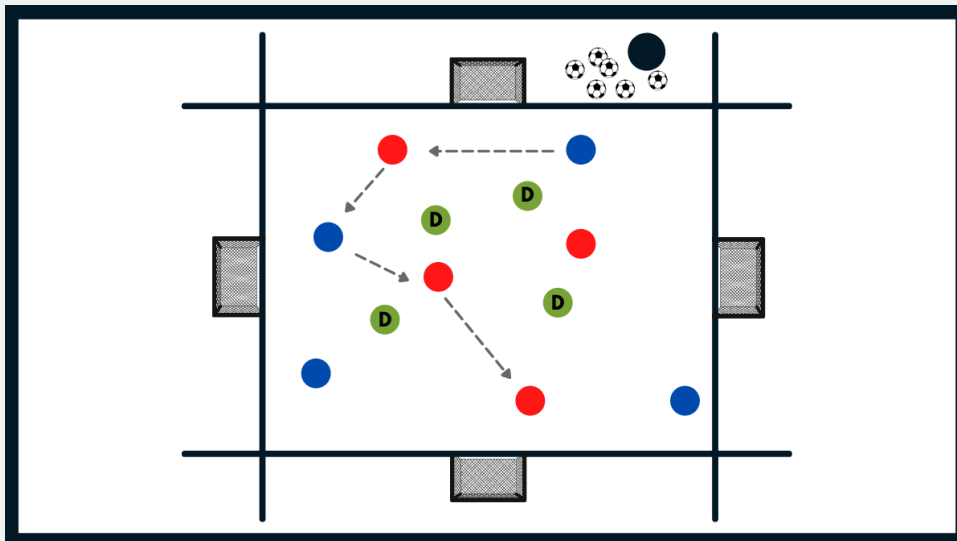


Age: 9-11 Years

Players: 9-15

Topic: Passing and Receiving

Duration: 15 Mins



Set Up The Drill:

Set up a 30×30 yard grid using small cones. Place a pug goal centrally on each side of the grid (4 total). If you don't have pug goals you can use tall cones. Have a supply of balls ready on the outside of the grid by the coach's feet. You will also need bibs in three separate colors; one color for each of the teams.

Instructions:

Make 3 teams, 2 attacking teams and 1 defending team. To begin, the coach plays the ball to one of the attacking teams. The two attacking teams work together to keep possession of the ball while the defending team tries to win the ball. The defending team can score 1 point if they force the attacking team to kick the ball out, or 2 points if they gain possession and score in one of the goals. Play for 3 minutes and then switch out the defending team.

Coaching Points:

- Move the ball quickly, don't let it get stuck under your feet.
- Keep your head up and be aware of what's around you.
- If under high pressure, look for opportunities to play out and switch the ball to a different side of the grid.
- Create positive angles of support and make yourself available for short and long passes.