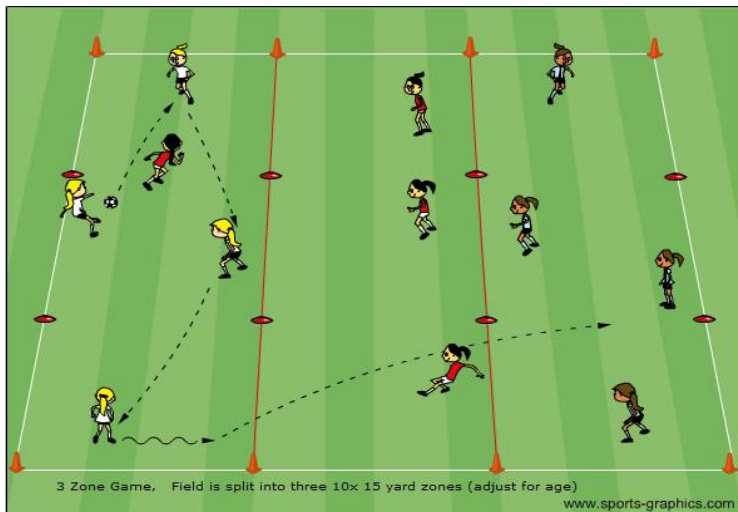




Passing/Possession/Change point of attack



Game 1-

Field is split into three 10x15 yard zones.
(adjust for age and numbers)

- 1) Split your team into 3 equal groups. Each group starts in a different zone. The coach starts with all of the balls at the side of the middle zone.
- 2) The coach starts the play by playing a ball into either of the end zones. That group then must connect 4 passes, and try to cross the ball through/over the middle zone for a point.
- 3) The middle zone group sends one player in to challenge. All other middle zone players try to intercept the cross.
- 4) the middle zone group switches to the end, and the end group goes to the middle, only if the end group does NOT successfully cross the ball to the opposite end group. If they do, they stay in that end, and the middle group turns and defends again.

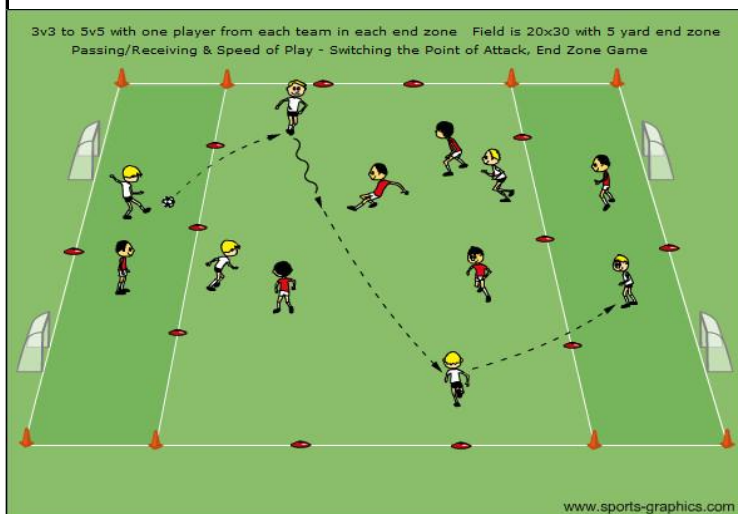
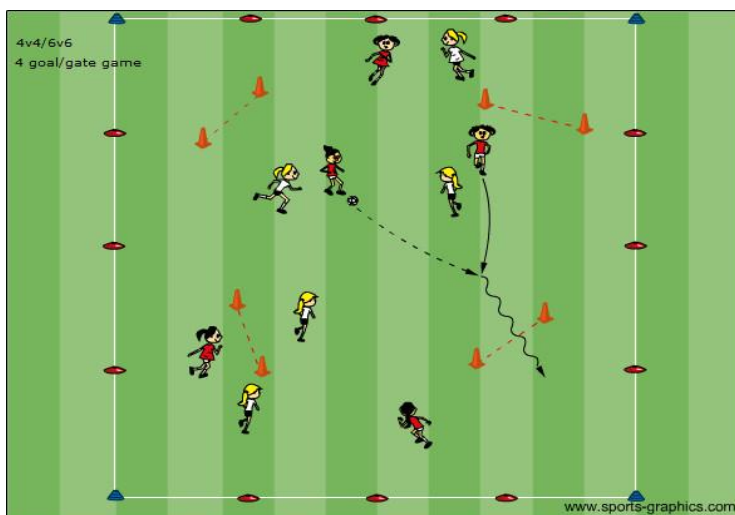
Game 2-

Set up a 25x25 yard area, with 4 goals/gates spread evenly throughout the area. Gates are 4 yards wide.

- 1) Split team into two even groups. Coach has a supply of balls on the outside of the area.
- 2) Players try to score by dribbling through any of the 4 gates. After they score, they must attack one of the three other gates before they can come back to the gate they just scored on.

Variations-

- To score, team must connect a pass through the gate.
- Teams can continue to score on the same gate without having to go to another one first.
- Add restrictions as needed for your session



Game 3-

Field is 20x30 yards in the middle, with 5 yard end zones on each end.

- 1) Teams try to get from one end zone to the other without the other team winning possession. If successful = 1 point.
- 2) When the defending team wins the ball, they can play to either end zone first, then they must get to the opposite end zone to score.
- 3) End zone players are free, and can NOT be pressured.

Variations-

- Player that passes the ball to the end zone player then must take their spot in the end zone. end zone player that receives the pass can then dribble onto the field and start the attack.