

ACTIVITY #1

Set up: Line Passing Activity

12 Player Total, Space 30X40

18-24 Minutes Total, Play 6-8 minutes of each variation

Instructions: Split the players into 2 teams. Group the player like in the diagram. The object is to pass the ball to your team on the other side. Everytime you are successufl, you get a point. First team to 20 points wins. Rules: Players must stay in their designated area. They can defend but they can not leave out of their area. Passes must be below knee high. Whatever team touches the ball before it goes out loses possession. At 10 points each group of 3 players changes with the other three so all player play the middle zone so they can defend.

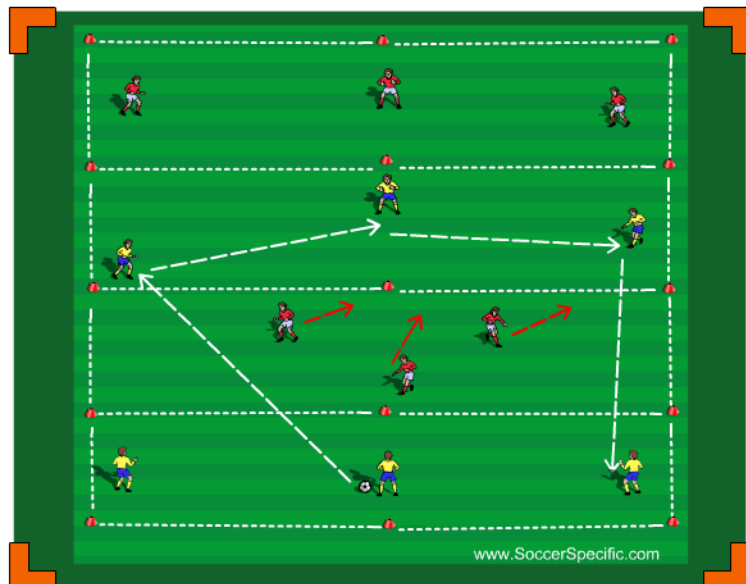
Coaching Points: -Good First touch (Decision, Direction, Distance and Disguise)

-Keep the ball moving when you receive it

-Quick decisions on the ball

-Be active

-Play quick with pace on your passes



ACTIVITY #2

Set up: Line Passing Activity

12 Player Total, Space 30X40

18-24 Minutes Total, Play 6-8 minutes of each variation

Instructions: In this next Variation we play the same rules but will add a new condition. The condition will be if the ball stops moving while your team has possession, then you lose possession. So ball must move on the dribble or by a pass, but it can never stop moving.

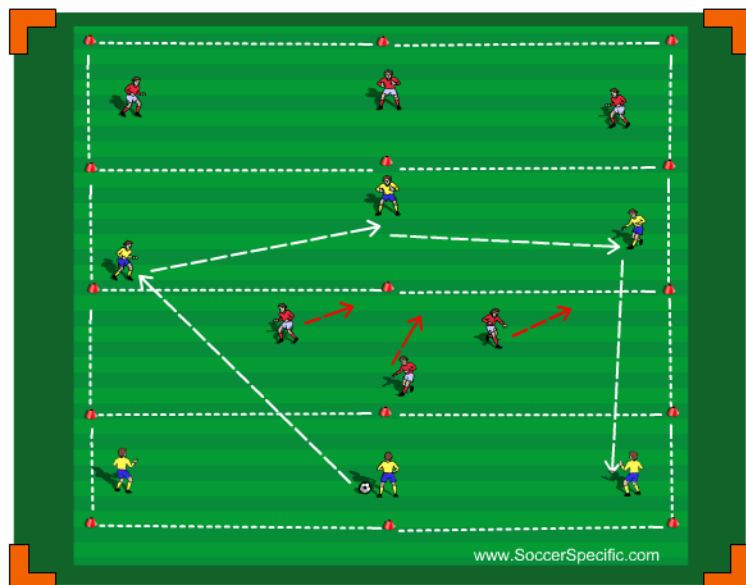
Coaching Points: -Good First touch (Decision, Direction, Distance and Disguise)

-Keep the ball moving when you receive it

-Quick decisions on the ball

-Be active

-Play quick with pace on your passes



ACTIVITY #3

Set up: Line Passing Activity

12 Player Total, Space 30X40

18-24 Minutes Total, Play 6-8 minutes of each variation

Instructions: In this next Variation we play the same rules but will add a new condition in addition to "the ball can not stop moving. The new condition is there everything is 2 touch. Defenders get an extra touch on a interception but anything else is 2 touch.

Coaching Points: -Good First touch (Decision, Direction, Distance and Disguise)

-Keep the ball moving when you receive it

-Quick decisions on the ball

-Be active

-Play quick with pace on your passes