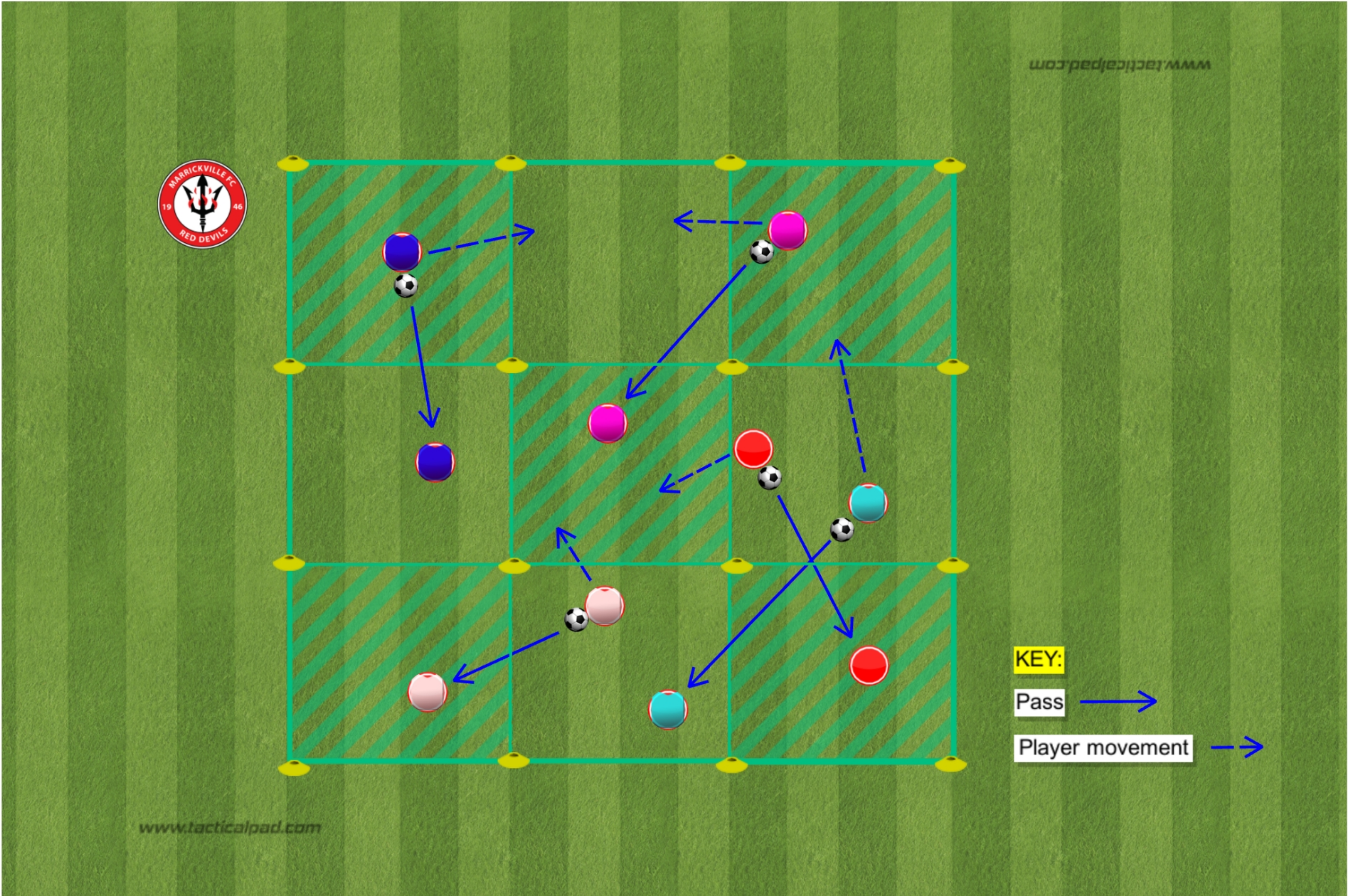


BEGINNING: SHARE WITH A FRIEND!



Players	Space	Intensity	Act. Time	Rest	Repetitions
10	9 x 3m		10		

CREATING PASSING LINES: SHARE WITH A FRIEND

ORGANISATION:

Mark out a 9m × 9m area, divided into 9 x 3m square zones
Players in pairs with one ball

CONSTRAINTS:

Players are not allowed to be in the same zone as their partner.
Players must move to a different zone after every pass.
If the ball goes out, hits another player, another ball or a cone, players lose their points.

EXPLANATION:

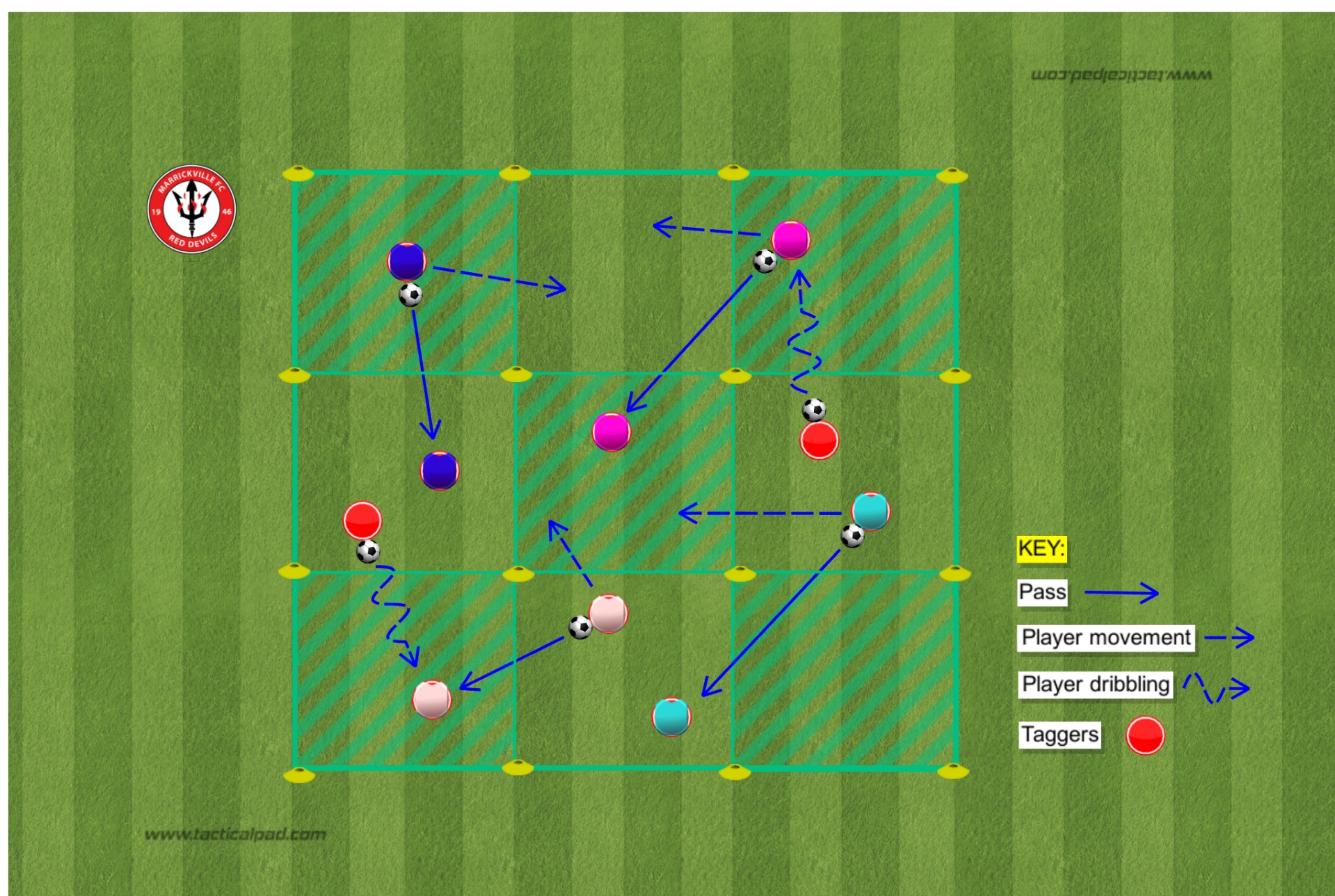
Players pass to their partner and then move to a different zone. The player with the ball attempts to play a pass back to their partner. If needed, they may move with the ball or dribble to a different zone to create a passing line. Coach asks players to use different parts of their foot (sole, outside, inside) or do a skill-move when moving with the ball.

After 1 minute, players leave their ball and then run to find another ball.

RACE CHALLENGE:

Players collect a point for each successful pass. If their pass is not succesful they lose their points and have to start their count again. First pair to get 5 points is the winner.

MIDDLE GAME: TAGGERS!



Players	Space	Intensity	Act. Time	Rest	Repetitions
10	9 x 3m		10		

CREATING PASSING LINES - TAGGERS!

ORGANISATION:

Mark out a 9m × 9m area, divided into 9 x 3m square zones.

Players in pairs with one ball.

One pair are taggers with a ball each.

CONSTRAINTS:

Players are not allowed to be in the same zone as their partner.

Players must move to a different zone after every pass.

If the ball goes out, hits another player, another ball or a cone, players lose their points.

Taggers have a ball at their feet when tagging.

EXPLANATION:

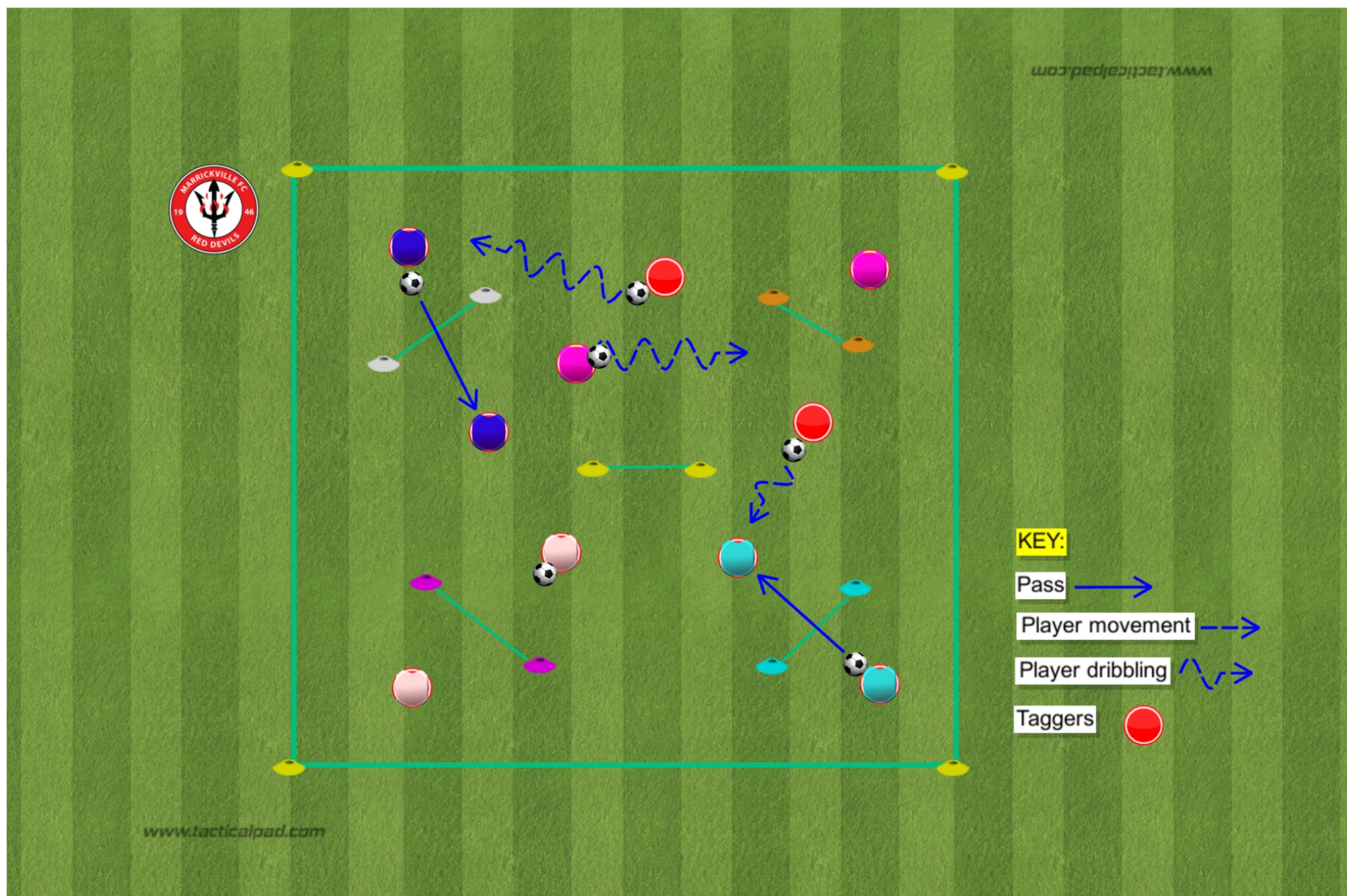
As before but now a pair become taggers who attempt to tag the ball-carrier. When the taggers make 3 tags they swap with a different pair.

RACE CHALLENGE:

Players collect a point for each successful pass. Taggers collect a point for each successful tag. If players passing are not successful with their pass OR GET TAGGED they lose their points and have to start their count again. First pair to get 5 points is the winner.

Swap taggers and play again.

END GAME: GATE-GOALS!



Players	Space	Intensity	Act. Time	Rest	Repetitions
10	9 x 9m		10		

CREATING PASSING LINES - GATE-GOALS!

ORGANISATION:

Mark out a 9m x 9m area. Move cones side from previous game to create 1-2m gate-goals

Players in pairs with one ball.

One pair are taggers with a ball each.

CONSTRAINTS:

If the ball goes out, hits another player, another ball or a cone, players lose their points.

Taggers have a ball at their feet when tagging.

EXPLANATION:

Pairs score by making a received pass through a gate. Once they have scored a point, pairs cannot score in that goal again. First pair to score in every goal wins (5 points).

Taggers attempt to tag the ball-carrier and collect a point for every tag. If taggers score more than 10 points they win.

Swap taggers and play again.