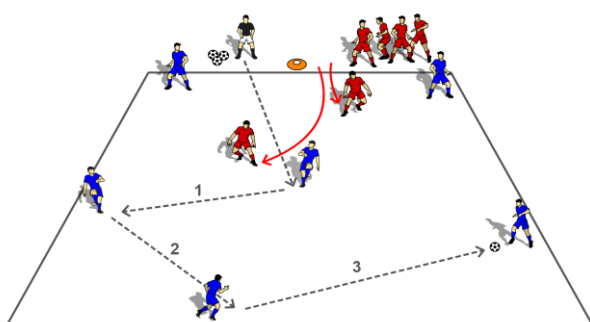


[Pic.1]



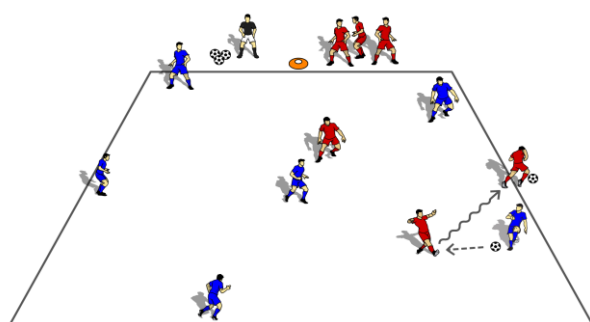
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[Pic.2]



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[Pic.3]



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#### Grid Size:

- 10m x 10m\*
- \*Guide only, adjust accordingly.

#### Players:

- 12

#### Explanation:

- Divide players into two teams and set up as shown [Pic.1].
- The Coach starts the game by playing a ball into the Blues, who begin passing.
- At the same time, the first Red defender will enter the area and attempt to win the ball.
- The Coach counts out loud the Blues passes and after every three passes, another Red defender enters the area [Pic.2].
- If the Reds win the ball, they must dribble it out of the area to finish the round [Pic.3].
- The Blues can counter press in order to win the ball back before the Reds have dribbled out of the area. If successful the game continues.
- The round concludes if a red defender runs the ball out or the ball leaves the area (e.g. misplaced pass).
- Play six rounds, with a different player starting off as the first defender each time.
- At the completion of six rounds the teams swap, with the Blues highest passing round used as a target for the Reds to try and beat (e.g. 11 passes were completed in round 3)

#### More Advanced:

- Defenders enter the area two at a time.
- Make the area smaller.

#### Less Advanced:

- Increase the amount of passes before defenders can enter (e.g. every five passes).
- Make the area bigger.

#### Other possibilities:

- Reward for the passing team: If the passing team complete more than 15 passes (e.g. 6v6), the defenders must restart the game back at round 1.
- Reward for the defending team: If the passing team fails to reach 3 passes against the first defender (e.g. 6v1), the teams swap over.