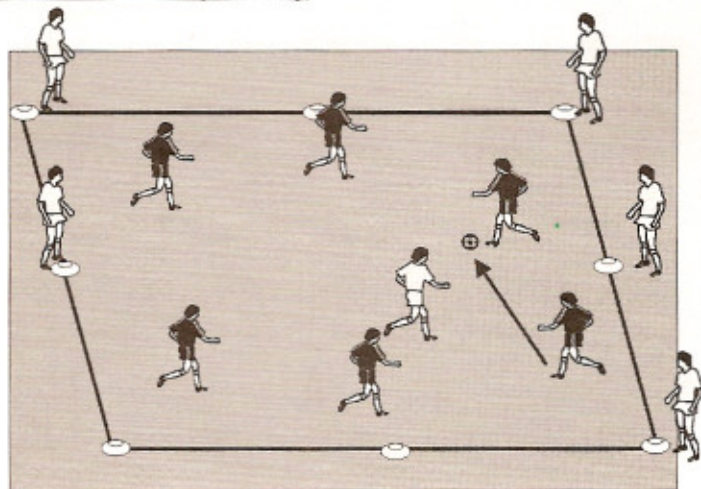


Session 1 ~ Passing & Control

1.4 Six v One Keep Away



Organization:

Players are divided into two groups, with one half inside the 15 x 25 yard grid, and the other half around the perimeter. The inside players pass and move around the grid. Each perimeter player takes a turn defending the inside players for 15 seconds. Points are scored if the defender touches the ball or if the passers complete five passes.

Progressions:

1. Make the player who passed the ball run around one of the perimeter players.
2. Make the drill more challenging by limiting the offensive players to two touches. More than two touches results in a loss of possession and a point for the defense.

Coaching Points:

Continually move and communicate so that the player on the ball has at least two wide passing angles.

Be aware of where the defender is positioned and use your first touch to control the ball away from their pressure.

Move the ball quickly to avoid being caught in possession.

FINISH WITH A GAME – REINFORCE THE COACHING POINTS