

Factfile

Category
Possession

Competition Type
Integrated, opposed,
non-contact

Area Dimensions
3m x 3m - 5m x 5m

Number of Players
4 - 6

Time Per Game
5 - 10 minutes

Objective
To pass between the
opponents and catch.

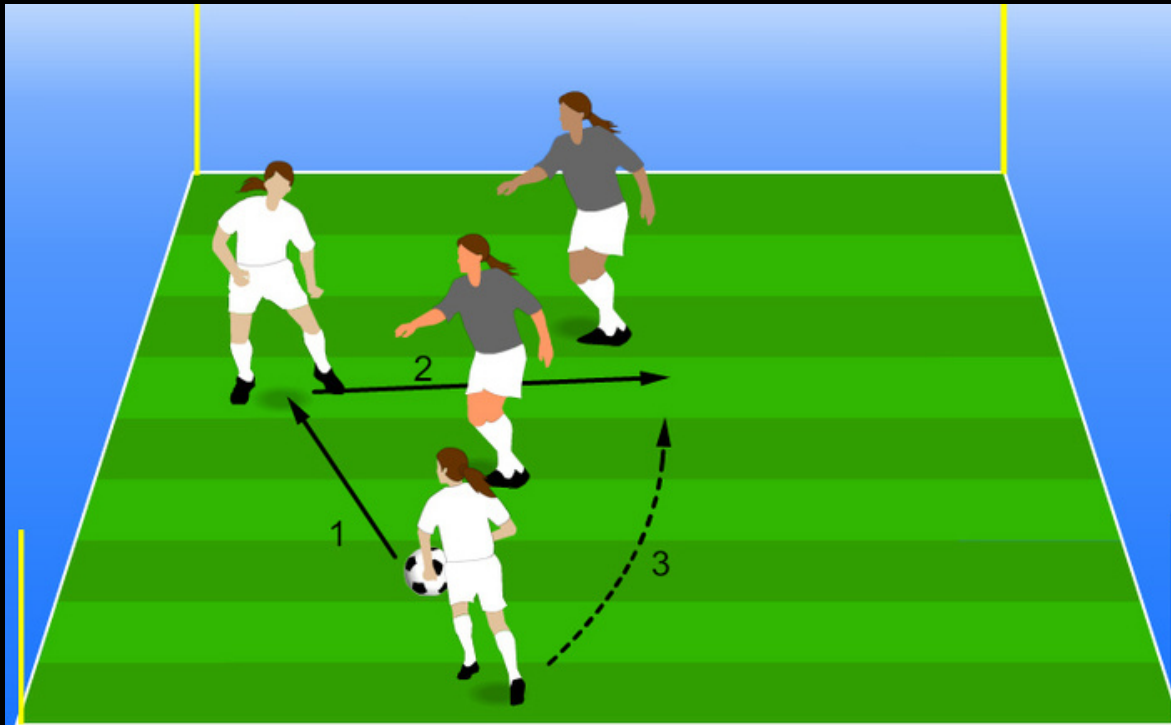
Equipment

- 8 Marker Cones
- 1 ball

Safety Tips

- Point knee towards direction you're going and lunge when changing direction.
- Warn other groups when entering their area to collect the ball.

3) Split the Line



Created using SoccerTutor.com Tactics Manager

Tips For Success

- To get the defenders out of position keep passing the ball quickly.
- As soon as you pass move into a new position to off balance defenders.
- You don't have to score every pass.

Independent Personalisation

- More confident players must bounce the ball every 2 steps.
- Swap partners every 2 minutes.
- Use a smaller ball for more confident groups.



Rules

- 2v2 game. The player with the ball can run with the ball or pass to their team mate.
- Their opponents try to intercept the ball.
- The team with the ball score by passing the ball in between the two opponents.
- However, the opponents are not allowed to stay too close. They must be at least 1 metre apart.
- If the ball exits the grid, the team that didn't touch the ball last, restart with the ball.