

# Passing for Possession IV

## “Technical warm-up” (as players arrive)-Dr.! Dr.!

### Set up-

Divide group into two teams (use vests) in a large grid 30ydsx40yds. Using 4 cones on each end of grid, create a 5ydx5yd “Hospital” (See Diagram). Designate one player for each team as their “Doctor” and give the doctors different colored vests. Doctors are “safe” in their own hospitals and can’t be struck with a ball. All players have a ball (except doctors).

### Play-

Players on each team dribble their balls onto the field of battle and attempt to strike the opponent (below the knees) with their ball, using inside of foot passing technique. If struck, players are “frozen” and must sit on their ball and call for their “doctor” loudly (“Doctor! Doctor!”). Players are unfrozen if their doctor comes out of the hospital and gives them a “high five”.

### Winning the game:

A team wins in one of two ways. If they can freeze everyone on the other team at once (the opponent’s doctor is afraid to come out and rescue teammates) OR by striking the opponent’s doctor (below the knees) with a ball when they are out of their hospital.

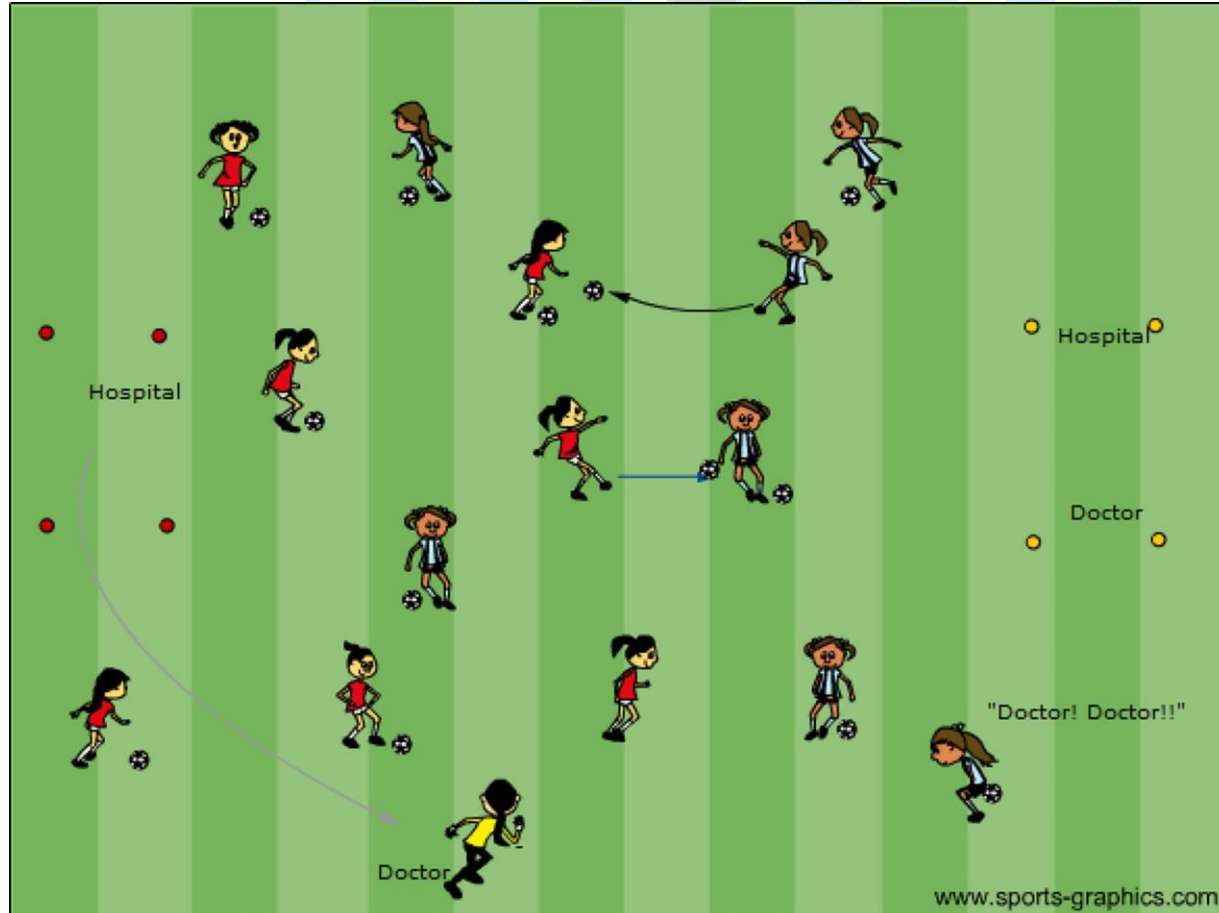
Play several rounds and keep score. Rotate doctors.

### Coaching points-

Keep your ball close to you until ready to fire! Get close, then fire!

Good passing technique: Use inside of foot for accuracy. Heel down, toe up, ankle locked. Plant foot beside the ball.

Strike the middle of ball to keep it low.



## “Small Sided Activity” 3v1 Keep Away

### Set up-

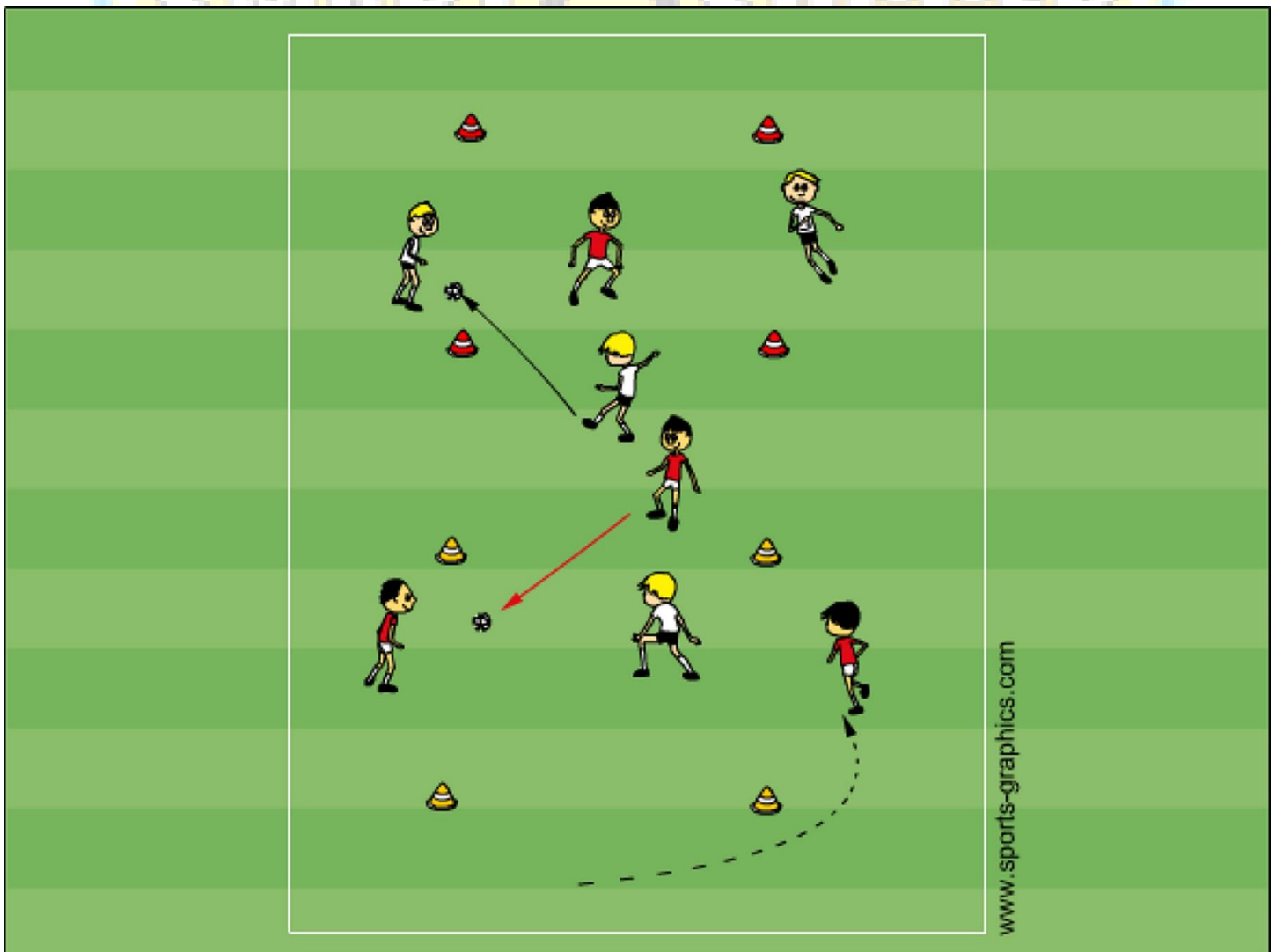
Using cones, place two 10x10yd squares next to each other (see diagram below). Place a team of four OUTSIDE each square, using vests. Each team sends one player to the opposing square as a “defender” who stands INSIDE the square. The team of three at each square is on offense and has a ball.

### Play-

Step 1.-Teams play 3v1 with the attackers trying to pass the ball through the square to a teammate. Attackers may not cut through the square. Step 2.-Expand the squares slightly and add the attackers INSIDE the square with the defender. Attackers play 3v1 keep away (in each square) from the opposing defender. If the offense can make 3 passes in a row, they earn a point. If the defender steals the ball, he/she tries to keep it as long as possible. Balls that go out of play belong to the team that didn't touch it last. Rotate defenders and keep score.

### Coaching points-

Good passing technique (see above). Players should support the ball right and left of the attacker with the ball. Anticipate where the ball will go and get there to support!



## “Expanded Small Sided Activity” 3v3 Plus Target Players

### Set up-

On a field 25x15yds, create “end zones” on each end. Have two teams of four place one “target player” each into their respective “scoring end zone” (see diagram below-lower portion).

### Play-

Teams play 3v3 and score by passing the ball into the end zone to their target player. After a goal is scored, target player gives the ball to the other team and play continues.

### Coaching points-

Reinforce all of the above points and talk about giving support backwards (depth). Target player is the forward (penetration) in the “diamond” shape.

