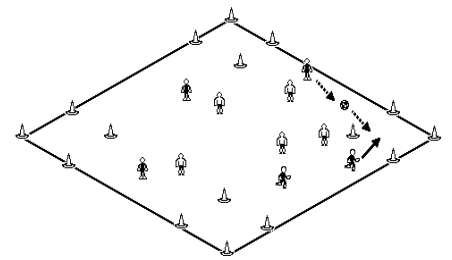


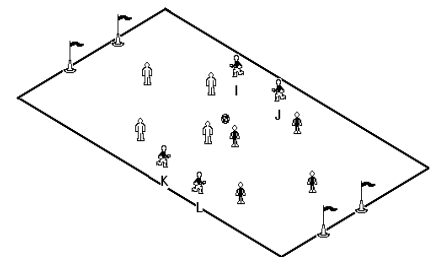


**1) Triangle Passing Game**---In pairs and on opposite sides of a 1 yard by 1 yard triangle one player passes the ball through two gates to his or her team mate. The team mate must chop the ball left or right past a cone and pass it back through a different gate to his or her team mate. Players count how many times in a row they can pass to their team mate using just two touches, one to go around a cone, and one to pass through the triangle. Have several rounds seeing which pair can get the most passes without a mistake. *Version 2:* Players still use two touches to return the ball to their team mate. If they take more touches or do not pass it back through a new gate the opponent gets a goal. (3 minute rounds, switch partners after each round, four rounds). (10 minutes)

**2) Four Square Passing**---Form a grid 35x35 with squares roughly 4 yards across in each corner. Two teams of 4 to 6 players try to score by passing the ball to a teammate who makes a run into one of the four squares. Players in the squares cannot be defended against they can pass or dribble the ball out. Balls out of play can be passed or dribbled back into play. This game concentrates on the tactical aspects of finding open spaces, and creating good angles of support for the player with the ball. (12 minutes)



**3) Bread and Butter**---Typical 4 vs. 4 but with an additional 4 players who stand on outside of field and can be used by either team as outlets (with only 2 touches). If a team gets scored upon, they become the team on the outside and the outside team plays on the field. Use approximately a 20x25 yd area. Stress correct technique, receiving sideways on, and facing where they wish to play. *Version 2:* May restrict the players to 2/3 touch to force quicker decisions, and better body position before the ball arrives. Keep score and make the game competitive. (10 minutes)



**4) 4v4 To Goals**---In a 35x30 field, place two 4 yard goals along the two 35 yard lines. Let the players play a regular game without keepers of 4v4, perhaps stopping the game 1-2 times to highlight good passes and movement off the ball to create passing opportunities. *Version 2:* Allow 4 consecutive passes to count as a goal as well. (25 minutes)