



**1) Triangle Passing Game**---In pairs and on opposite sides of the triangle one player passes the ball through two gates to his or her opponent. The opponent must chop the ball left or right past a cone and pass it back through a different gate to his or her opponent. Players only get two touches to return the pass 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). (15 minutes)

**2) Numbered Passing**---Number the players on your team and have them move around and pass the ball to each other in sequential order. Make sure the ball never stops, players never stop moving, and the ball never leaves the grid you have set. Try to add balls to add challenge to the activity. Stress proper passing technique as well as having receiver's show for the ball and communicate. *Version 2:* You may tell players to pass with a certain foot or a certain part of their foot as the activity continues. *Version 3:* As players get comfortable, you can limit their touches to 2 touches. (15 minutes)

**3) 4 vs. 4 Endzone Game**---Teams comprised of 4-6 players depending on numbers and space. To score you must pass the ball to a teammate into the opponent's end zone (created with discs). The player cannot go into the endzone until after the ball has been passed. Stress recognizing opportunities and timing of passes. (20 minutes)



**4) 6v6 scrimmage**---Depending upon numbers, space will change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers. (25 minutes)  
**(Note: every practice should end in a scrimmage)**