**PASSING & MOVING**

**WARM UP - TAG**



* Three teams, one of the teams will be taggers
* Once you've been tagged you stand on one leg
* You can rejoin the game once a member of your team has tagged you
* Play for one minute
* Each team has a go at being taggers
* Can you go the whole minute without being tagged?
* Can your team finish the minute with everyone free?

**PASSING & MOVING UNOPPOSED**



* Pass the ball between your team
* After you've played a pass you must sprint through a gate
* Play for one minute
* Can you complete more passes between your team than the other team?

**PASSING & MOVING OPPOSED**



* The practice is progressed by adding a defender
* Begin with one defender, add further defenders based on ability of your team
* Play for one minute or until the ball is retrieved by a defender
* If a defender wins the ball, he then swaps with the player he won the ball from and the minute restarts
* Can a team hold on to the ball for the whole minute?

**FOUR GOAL FOUR TEAM MATCH**



* Start with four teams
* Team 1 vs team 2 & team 3 vs team 4
* All teams can score in any of the four goals
* Can we use passing and moving to help create a goal scoring opportunity?
* This game is very busy with lots of decisions for the players to make both with and without the ball

**OVERVIEW**

* Physically demanding session
* Focus on quickly finding space after pass
* Lots of decision making
* Will aid reaction times
* Potential for lots of goals in the four team game

