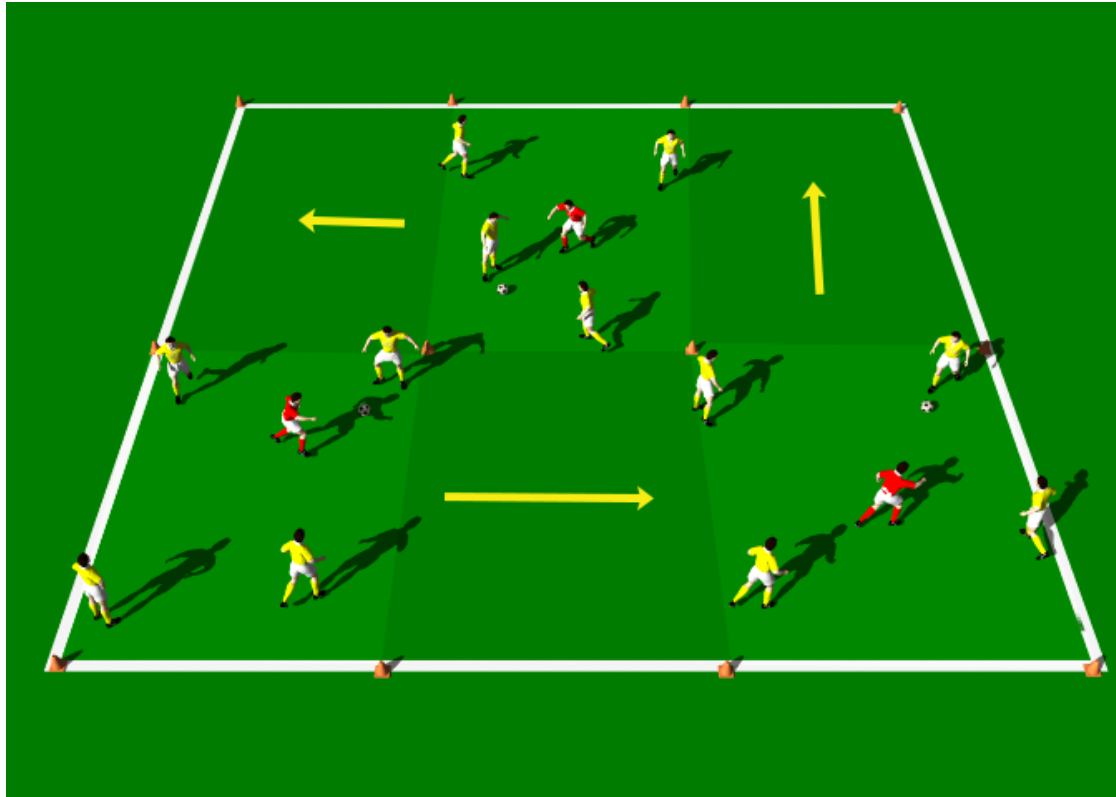


Catch the Square Passing Game



Exercise Objectives:

This is a great passing exercise to develop vision, pace, accuracy, timing, disguise and tempo for defensive pressure.

Field Preparation

- ☆ 12 to 15 players.
- ☆ Area 20 by 30 yards (divided into 6 squares).
- ☆ Supply of Balls and Cones
- ☆ Colored Bibs

Coaching Points

Divide your players into three teams of four players and three defenders. Position four players and one defender in a square (as in the diagram above). There should be an empty square between each square. Condition the passes to "one or two touch". Play unlimited touches if the skill level is low. The objective of the four players is to get eight passes then they move into the next square. Once they catch the team in front of them, they win!

As a pre-cursor to this activity you can have the teams play without any defenders, they must get ten passes between them before moving to the next square. You can also have them keep the ball up 10 times before moving the next square. This game is a lot of fun for the players.

Focus On:

- ☆ Quick exchange of the ball, quality passing.
- ☆ High tempo.
- ☆ Quality technique.
- ☆ Good support angles, must be deep and wide.
- ☆ High tempo defending, work in pairs as you press the ball to force errors.
- ☆ Good communication from both teams.