Pass In and Out of Cones to Score (Option 1)

Players make a pass into the square zone before they can score on pug nets.

Only the team with the ball can enter the square zone

Use short-wide field to encourage switch of play and create space

Coaching points

Encourage movement to find space
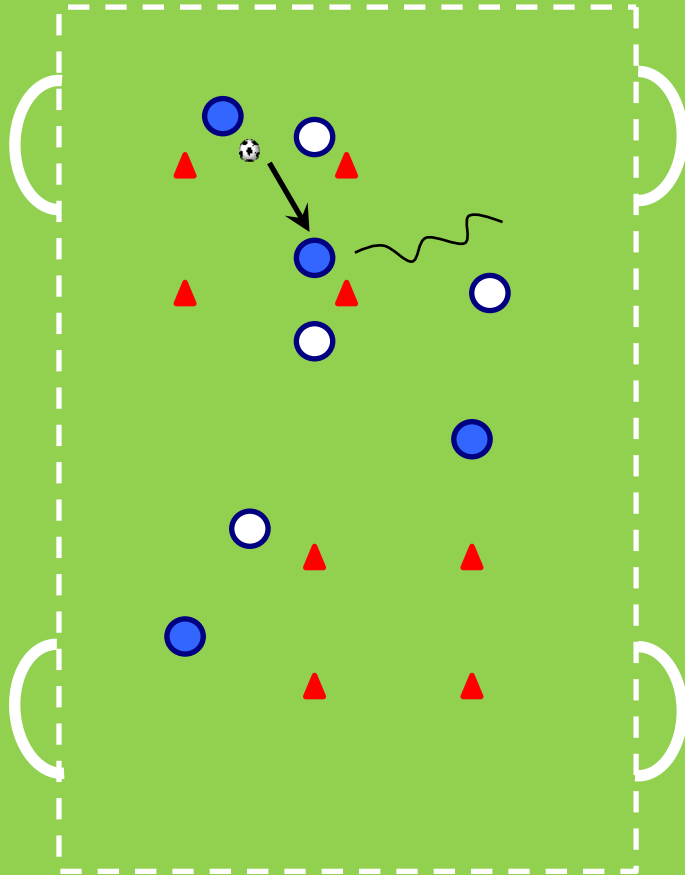Keep the head up! Be aware of teammates

Give It To Get It! Encourage players to look to get the ball back after passing.

Progressions

Players must make a certain number of passes (eg 2) before shooting

Players must pass into and out of the zone prior to scoring on pug nets

Players must take minimum 3 touches before passing/shooting

Pass In and Out of Cones to Score
(Option 2: Progression of Option 1)

Players make a pass into one of the square zones before they can score on pug nets.

Only the team with the ball can enter the square zone

Use short-wide field to encourage switch of play and create space

Coaching points

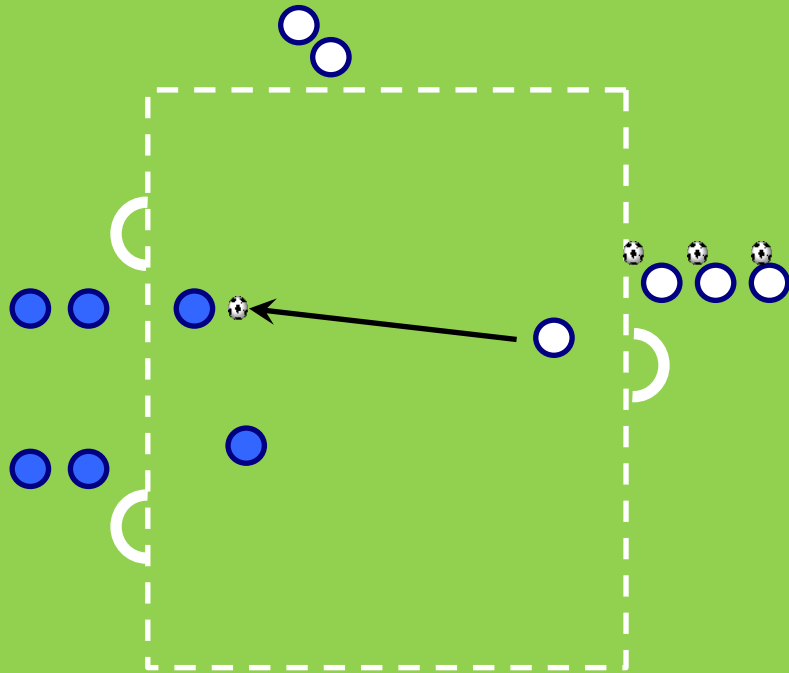Encourage movement to find space
Keep the head up! Be aware of teammates

Give It To Get It! Encourage players to look to get the ball back after passing.

Progressions

Players must make a certain number of passes (eg 2) before shooting

Players must pass into and out of one of the zones prior to scoring on pug nets

Players must take minimum 3 touches before passing/shooting

2v1 or 3v2

Defenders pass the ball into attackers to begin
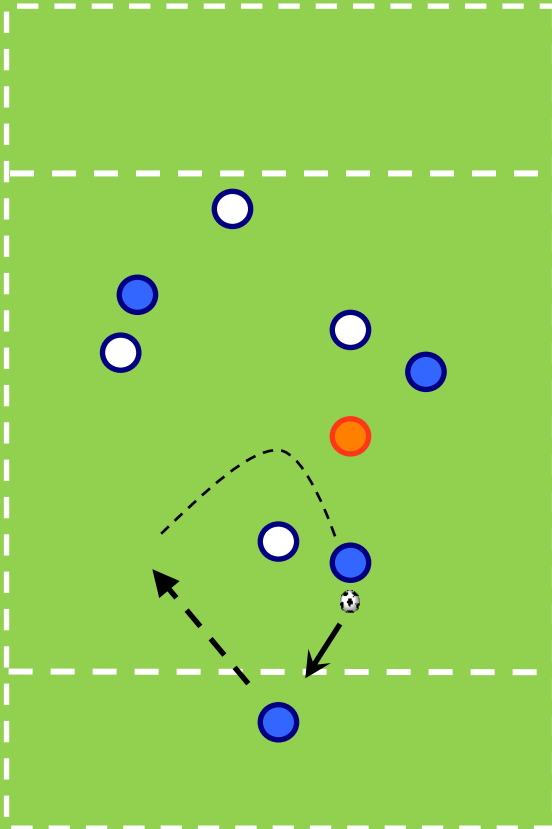
Coaching points

Decision making: Take 1v1 opportunities or draw the defender before passing

Give It To Get It! Encourage movement, creation of space to get the ball back after a pass

Progressions

Players must make a certain number of passes (eg 2) before shooting

Players must take minimum 3 touches before passing

Pass to the End Zone to Score

3v3 or 4v4. Can use a neutral player

Use side by side games for larger groups

Score by passing to a teammate in the enzone

Players may only enter the end zone on the offensive side of the field. Defending team must stay out of the zone.

Coaching Points

Encourage movement to find space and receive a pass in the end zone

Encourage movement after making a pass. **Give it to get it!**

Progression

Award two points for a give and go into and out of the end zone

Playing to target players

2v2 or 3v3 in the middle. Use a neutral player with odd numbered groups

Goal is scored when team moves the ball from one target player to the other on the other side of the pitch

Coaching points

Encourage to move to find space with the ball or to receive the ball
Keep the head up! Be aware of teammates

Give It To Get It! Encourage players to look to get the ball back after passing.

Progressions

Players must make a certain number of passes (eg 3) before supplying it to target player

Players must take minimum 3 touches before passing