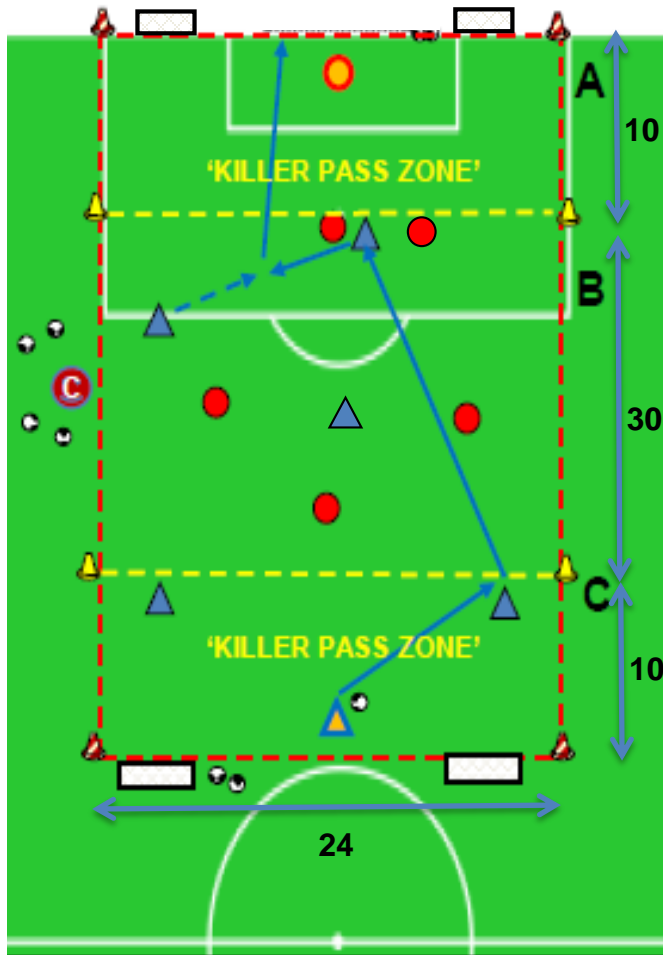


Core Skill: STRIKING THE BALL – SKILL GAME

Session objective: Improve the players ability to play a forward pass that beats opponents

Organisation Diagram



Organisation

- Two equal teams
- 24x50m pitch with small goals, divided in three grids (A,B,C) with killer pass zones
- All players must stay in the central zone unless dropping in to the killer pass zone to receive or make a forward run into.
- Players cannot enter killer pass zone until the ball is passed into the zone.
- The game starts in killer pass zone with blue playing out against the reds.
- They must try to play a 'killer pass' through the central zone to a blue player to score in the two small goals.
- If the red players intercept the ball they can score immediately in the two small goals.

Start/Restart Method

- Always start from neutral player, no restarts from sideline or without players in starting positions

Step Up

- Minimum 2 touch/Max 3 touch
- Minimum/maximum number of passes before you can play a killer pass
- Normal game rules including offside

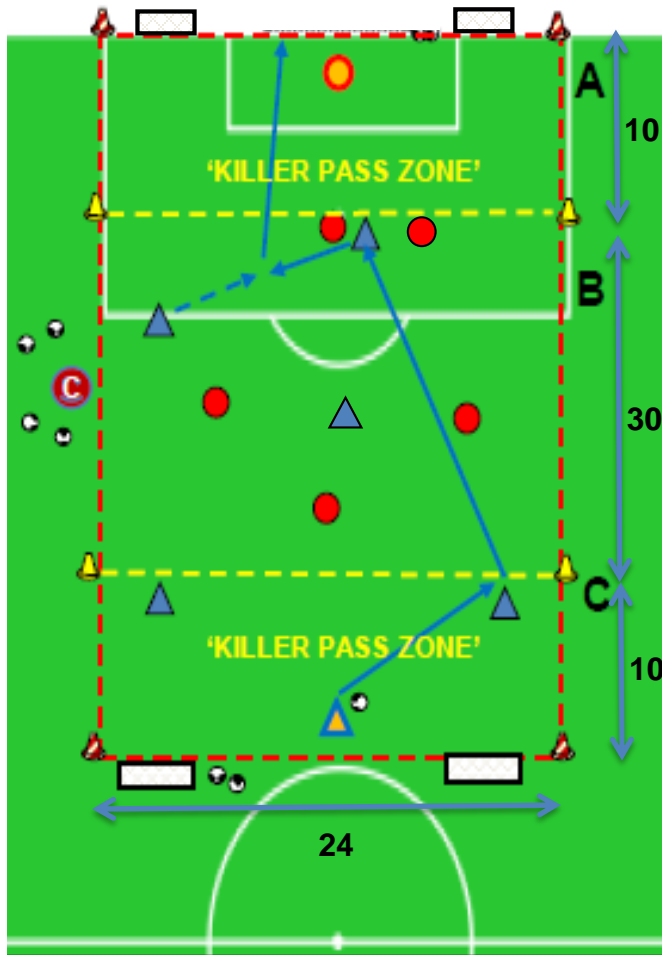
Step Down

- Minimum 2 touch
- Add jokers
- Make area bigger

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