



SKILL

Passing and working of the ball.

SETUP

25 x 30 yard grid. Make several gates 6 yards apart with cones throughout the grid

HOW TO

Players are in groups of 2 or 3 must travel to all the gates, passing through them to a teammate on the other side. Have them work for 5 minutes to get the feel, then move onto competition. Which group can get through the most in 1 minute? Who can get through all of the gates the fastest? Make it 1 or 2 touch if possible. Make sure kids are getting heads up and calling out names of teammates when looking to pass.