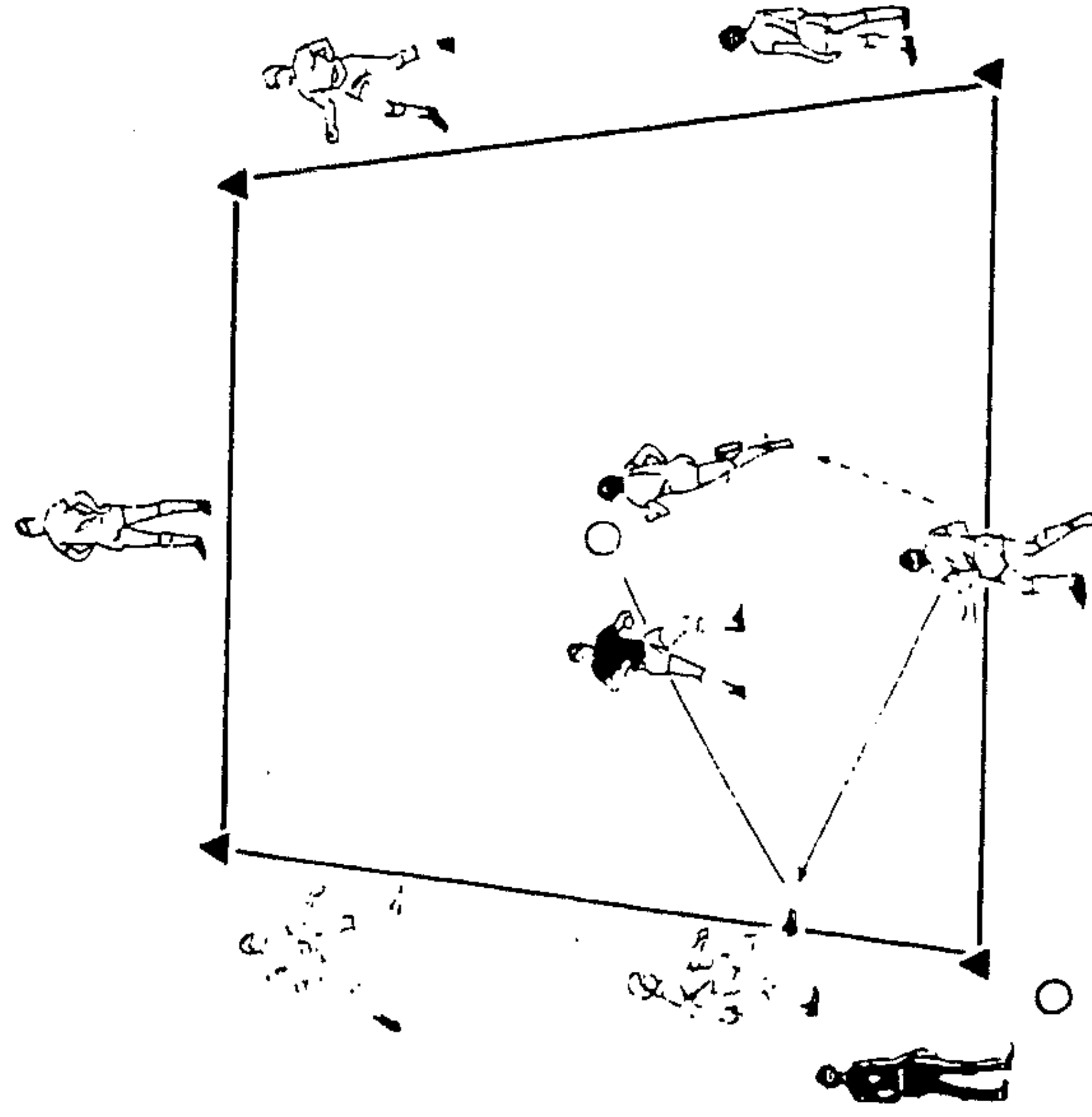


GIVE-AND-GO GAME

Purpose

To develop quick one-two passing and controlling skills.



Procedure

Use an area approximately 25 x 15yds. Six players stand outside the rectangle and two inside it, one as a 'give-and-go' player with a ball and the other acting as a defender to intercept the ball. The attacker can screen the ball and pass it to any of the six players situated outside the rectangle, looking for a quick return pass to go past the defender. The six players can play the ball among each other but should take the chance to play it to the player inside the rectangle whenever possible. They are also limited to one- or two-touch soccer. The game is physically strenuous and for this reason the two players inside the area should be changed over at regular intervals.

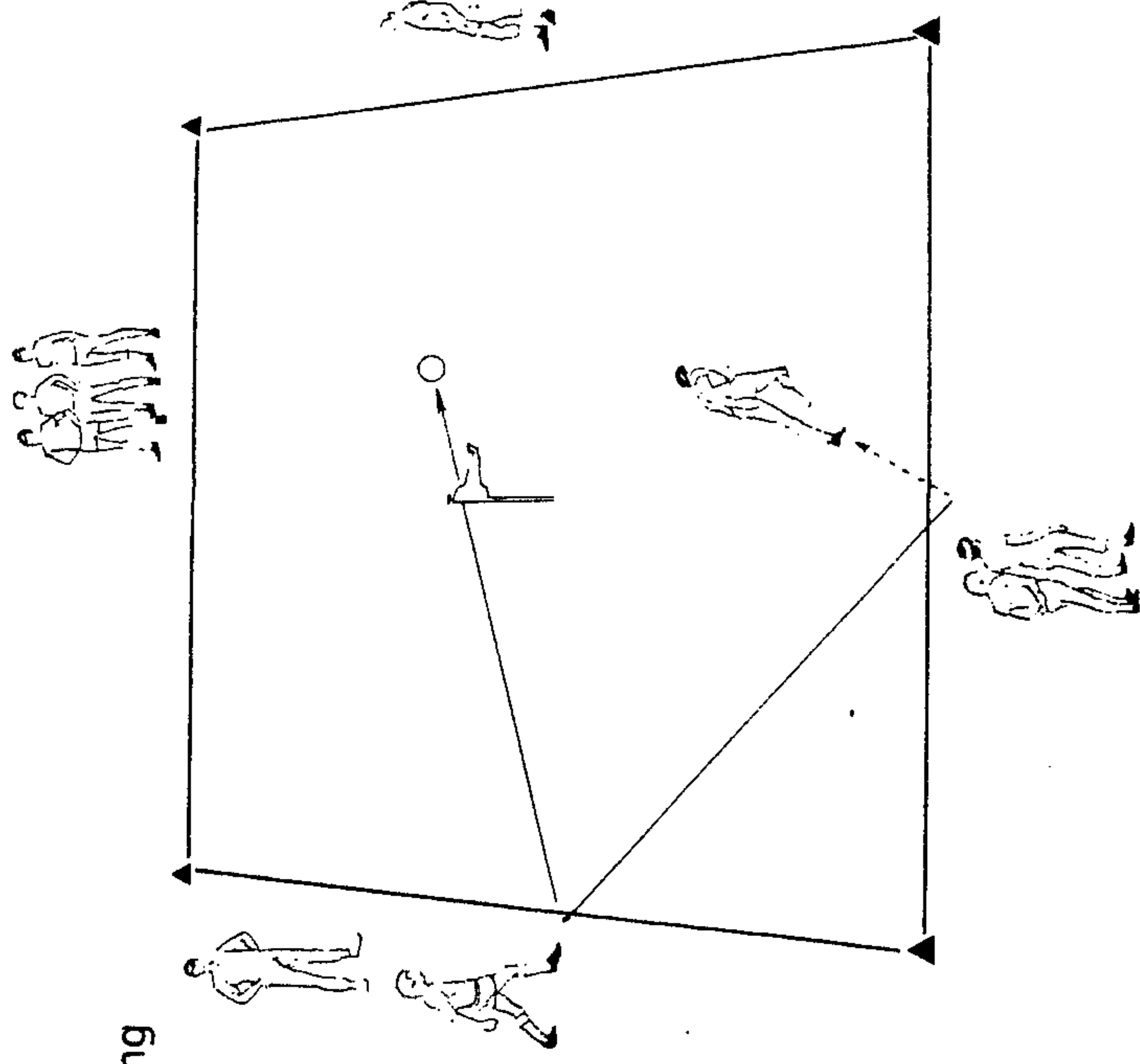
Development

- ⚽ Count the number of successful 'give-and-go' passes in the allotted time period.
- ⚽ The players can be limited to two-, or even one-touch play.

ONE-TWO PASSING DRILL

Purpose

To develop wall-passing techniques.



Procedure

A number of players arrange themselves in two files and stand diagonally opposite each other in an area approximately 30 x 20yds wide. A post is placed at the centre of the area. The leading player from one file plays a firm pass to the feet of the next player on the opposite side who comes at a wide angle to meet the ball. The latter then relays it first-time behind the post so that it coincides with the passer who should have run forwards to receive the ball and complete the one-two passing move. Both players carry on to their respective sides and the next two players from each file proceed to play a wall-pass from the opposite direction, and thus the sequence continues.

Development

- ⚽ Count the number of successful wall-passes in a given time period.
- ⚽ Instead of a post, use an active player who must stay and defend the central zone while the players from both sides try to play wall-passes past him. The wall-pass, in this case, can be played to either side of the defender.