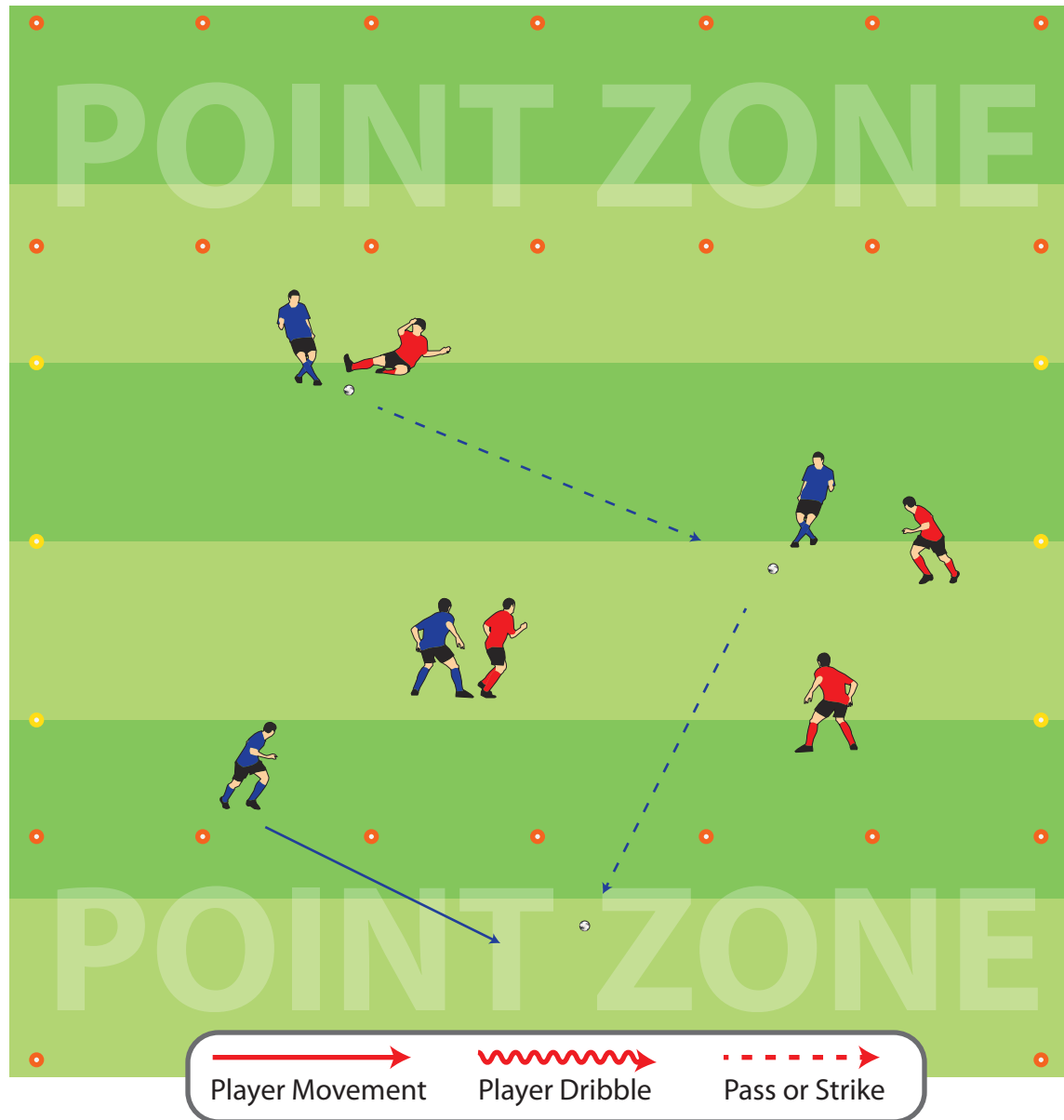


U12-Adult Point-Zone Thru Passing Game



Setup

40 x 30 yard area with 2 Point-Zones 5-10 yards deep. The size of the area should be changed based on the age and number of players.

Sequence

- Divide into 2 equal teams of 4 v 4 (or 3 v 3 or 5 v 5)
- Teams receive points by passing the ball into a Point-Zone. For it to count a teammate must reach and receive the ball as it arrives into the Point-Zone, players cannot wait inside the Point-Zone.
- Blue or Red team may score points by passing into either end.
- No offsides and defenders can enter Point-Zone to prevent scoring.
- First team to reach 3 points wins and losing team rotates off. Set a time limit of 3 minutes and then rotate teams if there's no winner.

Variations

- Blue and Red can only score into 1 assigned Point-Zone and not both
- Points are scored by dribbling under control into the zones
- Create teams with numbers up or down, in other words 4 v 3
- Add a "Neutral" player that plays for the team in possession
- Use "bumper" players along the sides

Coaching Points

- Off the ball runs and exact pace of thru passes.
- Whenever possible use 1 touch passing and change direction.
- Players should be executing play at full game speed.