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1. 5 PASS GAME:

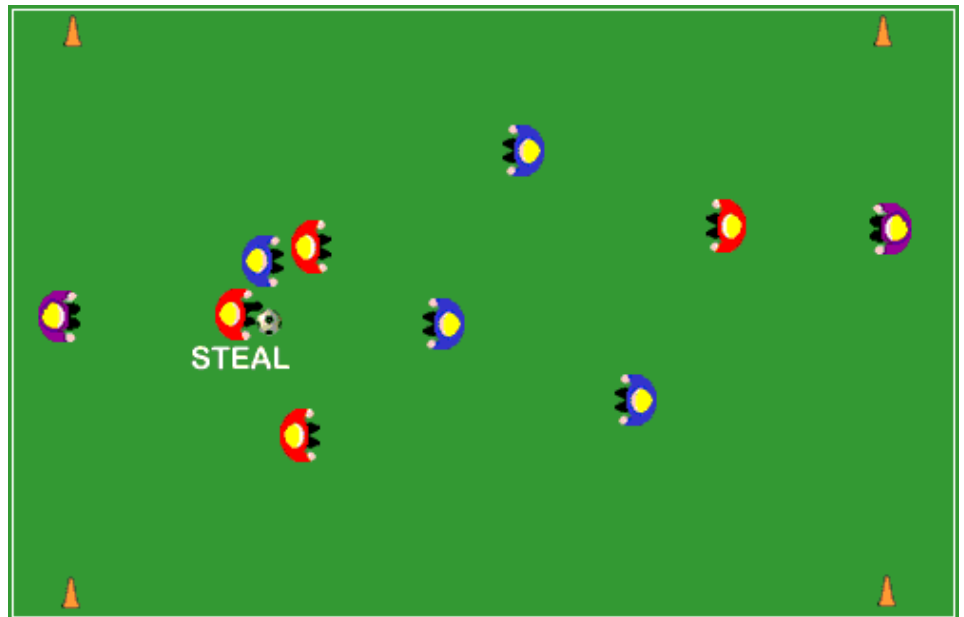
- Split players into 2 even teams (play 4 vs 4 up to 7 vs 7)
- Mark a large grid with cones (approximately 40 yards x 30 yards)
- A neutral player is placed at each end of the field.
- To score a goal, a team must make 5 or more consecutive passes to teammates and then must make the 6th pass to one of the neutral players without the ball being touched by the opposition.
- After 5 consecutive passes are completed, the players from that team may pass to either neutral player to score, no need to alternate between neutral players.
- A player (team) does not get credit for a pass if the ball is passed back to the player from which it came. (But they still keep possession and play continues)
- Any time a team is dispossessed of the ball before completing 5 passes, the opposition starts at pass #1.
- Once the neutral player receives the pass that counts as the goal he/she must pass the ball first time (one touch pass) to the same team that scored the goal and that team begins play again at pass #1.

2. COACHING POINTS:

- Players keep their heads up, know where your teammates are and pass to the open player.
- Play quickly
- Teammates must support the player receiving the pass
 - A minimum of 2 players give close support options
 - A minimum of 1 player gives long support

Thus spreading the defenders and opening the field

5 Pass Game



- **Players make runs to open space to receive passes**
- **Make quick (change of speed) runs to get open to receive a pass.
(Don't be a Johnny Jogger) who always jogs the same speed and is easy to defend.**

3. COMPETITION, VARIATIONS & RESTRICTIONS:

- **Play games to 5 and losing team does 5 jumping jacks**
- **Restrict players in the grid to 2 touches ... if a player touches the ball 3 times they lose possession of the ball.**
- **Restrict players to 1 touch soccer.**

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