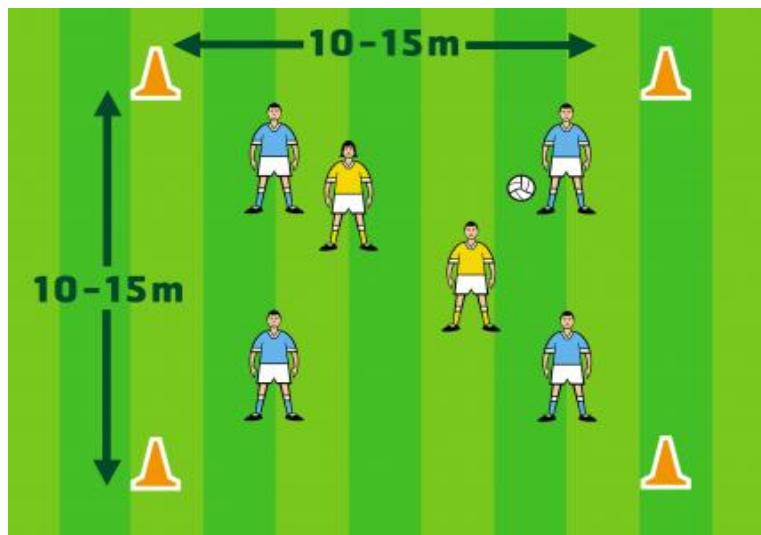


LEVEL 3

HAND PASS - KEEP BALL

FOOTBALL



This is a possession game designed to improve the players' ability to perform the hand pass under pressure

Organisation

- Mark out a grid approximately 10 to 15m square
- Divide the players into uneven teams
- The team with the greater number of players have the ball and must attempt to successfully complete as many hand passes as possible in succession
- The opposing players may attempt to intercept the ball by catching or by blocking it
- Possession is also lost by letting the ball fall to the ground or by stepping outside the grid
- Switch the players around after a set time

STEP Variation

Players - To increase the difficulty for the team in possession increase the number of opponents

EQUIPMENT LIST



Cones



Football

Notes