



West Milford - Session 2: Passing and Possession

Category: Technical: Passing & Receiving

Difficulty: Moderate

Circle Pass and Move

Team split into two groups

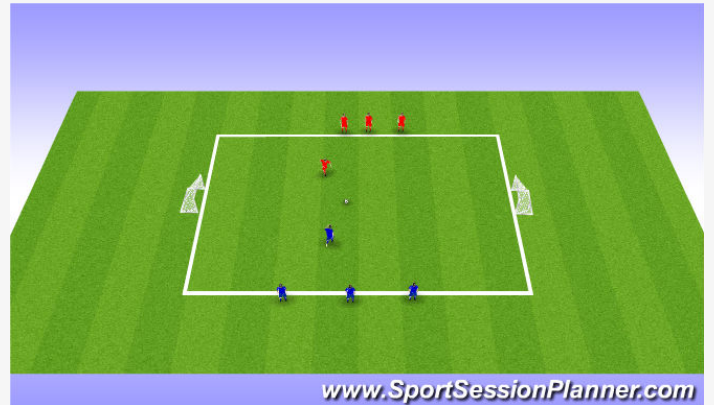
- Players on the outside are passers and stay in place until it's their turn to "work"
- Players in the middle are Workers: They must check back to the square each time a pass is made.
- > Focus on accurate pass and checking to the ball with speed
- Each group works for one minute then the outside and inside switch roles.



Steal the Bacon

Two teams lined up on opposite sidelines of the small field

- Each Player gets a number (ie: 1-4)
- Trainer calls out a number and that number from both teams comes out and plays 1v1 to goal
- Progression: Trainer can call up to 3 numbers and increase passing restriction before going to goal
- > Two numbers must pass once; 3 numbers must pass twice



Small sided games

