

# Five Passes

Try this game to give your players the incentive of a little goalscoring end product to their possession. It will teach them when to play forward and when to shoot

## WHY USE IT

For your team to be successful in getting the ball into shooting positions, they must find a balance between exploiting space and not losing the ball. Patience is the key – keeping possession and delaying that scoring pass can often result in a better chance.

## SET UP

Create an area measuring 40x20 yards. Play 6v4 with 12 players including two neutral keepers. You need balls, bibs, cones and goals.

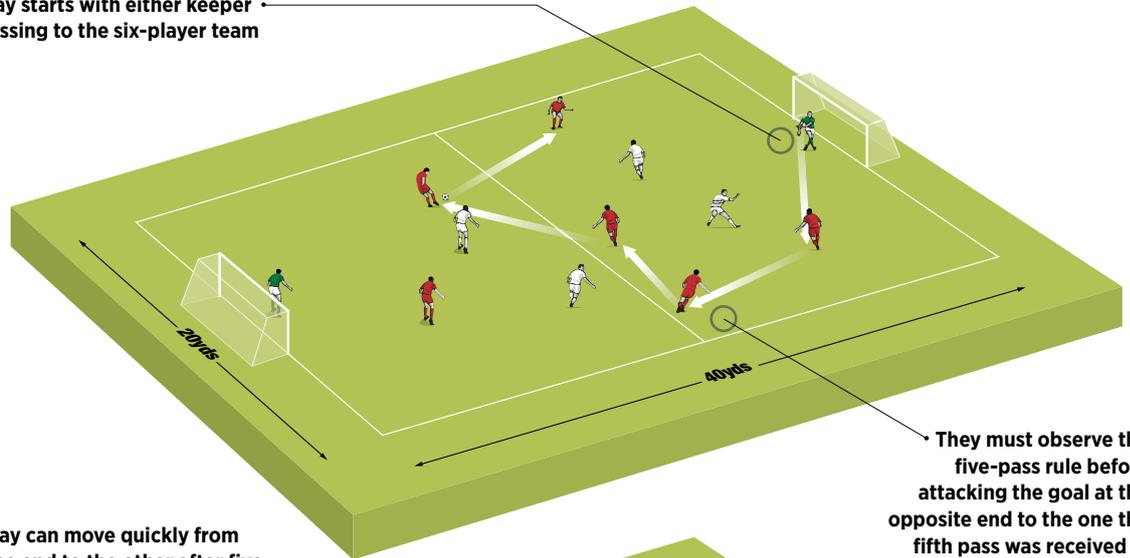
## HOW TO PLAY

The team of six needs to make five passes before attacking. Once reaching five passes they can start looking for an opportunity to attack – but when ready they must attack the goal in the other half of the pitch from where the fifth pass was received. The team of four try to win the ball back and counterattack into either goal. Teams can score in either goal, so no offsides.

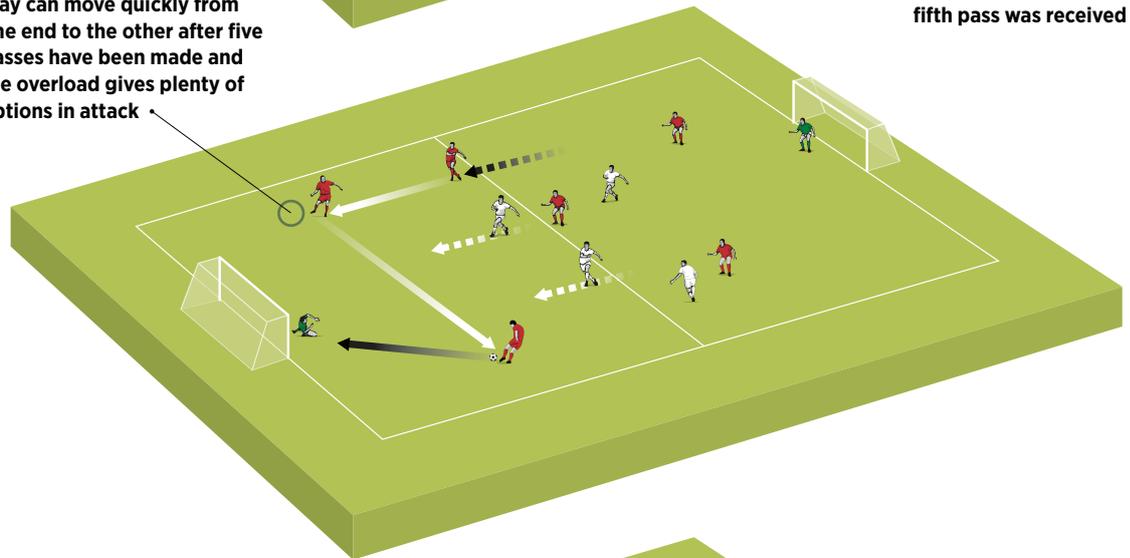
## TECHNIQUE

Players should recognise when to play forward and move to support the pass. They should play quickly to take advantage of the space from the overload situation. This means awareness of space is crucial. Coaches should look for players switching play or bringing the keeper into play.

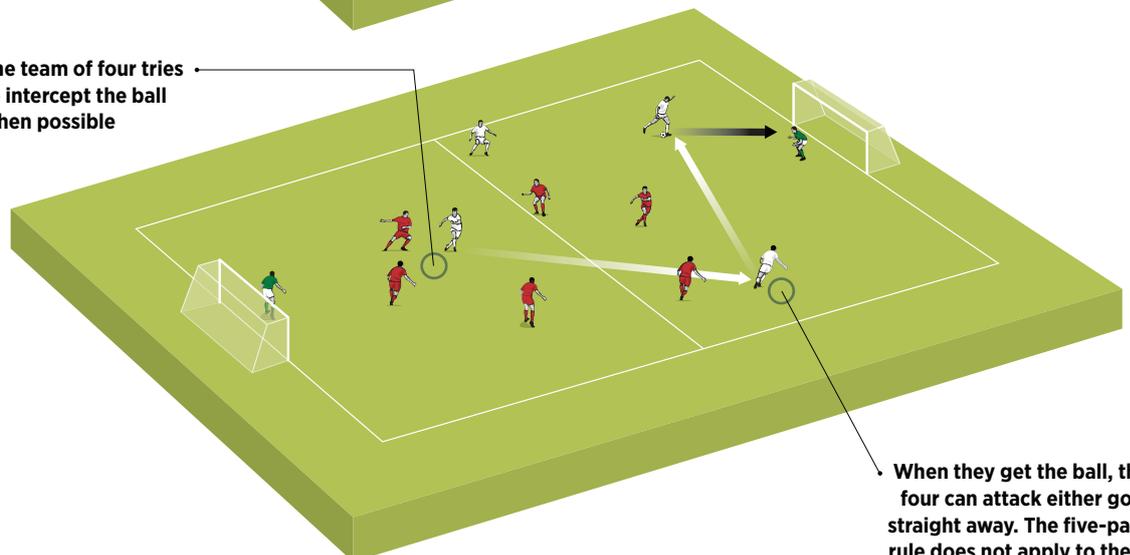
Play starts with either keeper passing to the six-player team



Play can move quickly from one end to the other after five passes have been made and the overload gives plenty of options in attack



The team of four tries to intercept the ball when possible



When they get the ball, the four can attack either goal straight away. The five-pass rule does not apply to them

Player movement 

Ball movement 

Run with ball 

Shot 