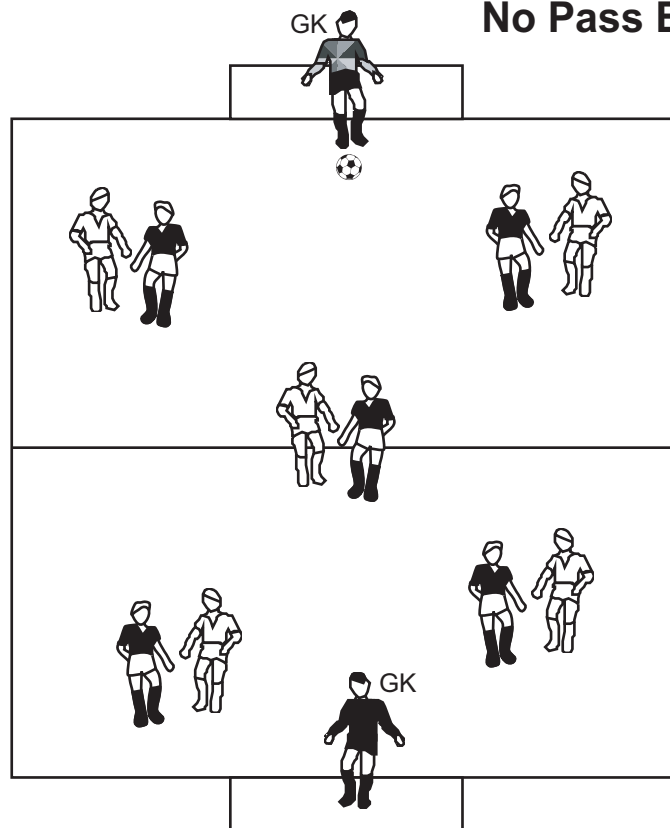
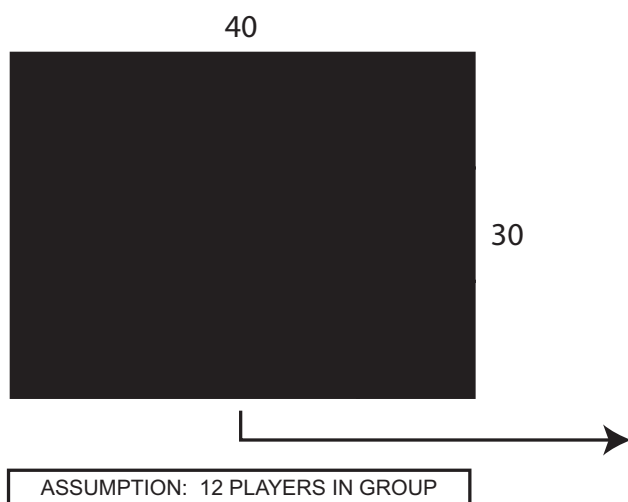


## No Pass Backs



### Purpose

To develop dribbling in attack.

### Organization

Set out a 40 x 30 yard area and mark out a halfway line. Play 5 v 5 + 1 goalkeeper in the total area. 1 ball per practice.

### Game Objective

The object of the game is for the team in possession to attack the opposing goal. Once in your opponents 1/2 of the field, you can only pass backwards.

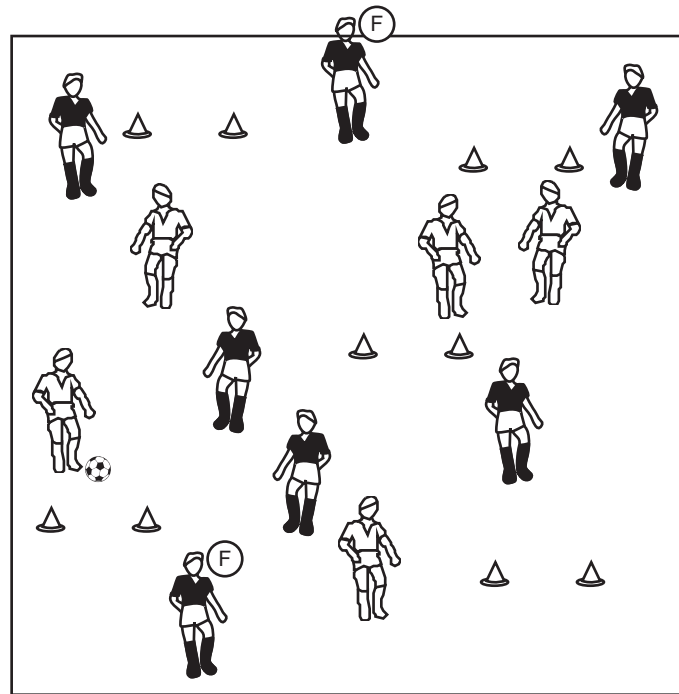
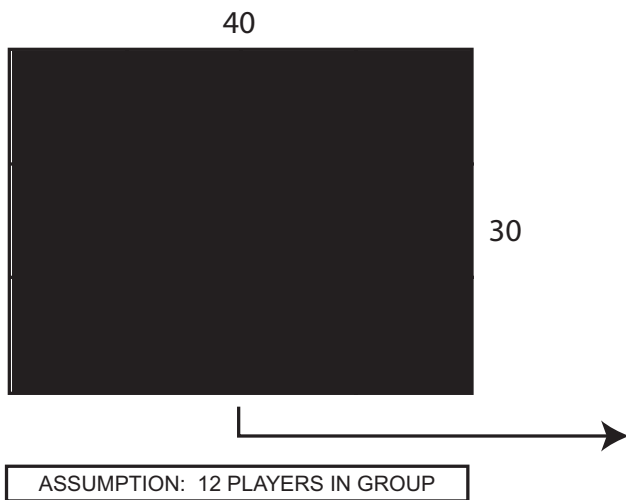
Once in your opponent's 1/2, attack the space behind defenders to either shoot and score or cross backwards to an oncoming player.

### Progressions

1. Now introduce an end zone which, if you enter, you go 1v1 on the keeper. You can only get in that area by dribbling.
2. Now introduce 1/3's of the field—in the final 1/3, you must take a player on.
3. Open rules.

### Key Coaching Points

1. Move the ball into the opponent's half quickly with passing.
2. Once in the opponent's half, commit defenders by using fakes and turns.
3. Try to get the ball to the end line, then pull it backwards to oncoming strikers.



### Purpose

To develop turns and fakes under pressure.

### Organization

Set out a 40 x 30 yard area, with 5 v 5 +2 floating players. Station 5 gates, 2 cones 2 yards apart in random areas of the grid. 1 ball per group.

### Game Objective

Score a goal by dribbling the ball through any of the gates to score 3 points. A turn gets 1 point. Floating players play for the team in possession but cannot score goals. Players should be encouraged to be relaxed and comfortable with the ball rather than lose possession.

### Progressions

1. Introduce another ball, 2 balls total.
2. Players can only pass after making a fake or turn or burn.

### Key Coaching Points

1. Use the inside and outside of feet to turn away from defenders.
2. Control the ball into space, away from the defender.
3. Change direction of the play by turning with the ball.