



Objective: Possession

Set-up: half of the pitch, no goal-keepers, 3 fields players in each of two teams and 2 neutral players in each team, no goals, at least 1 ball, neutral players are positioned outside of the pitch.

Drill:

The objective of each team is to make at least 15 consecutive passes together. 15 passes are made (without losing the ball) - 1 point is scored.

Each player has the limit of 3 touches on the ball (means - with the third touch he should pass the ball). Passes can be made to neutral players. If neutral player receives a pass, he should enter the pitch and the one, who passes the ball, should become a neutral player (players exchange their roles).

Intensity: High

Duration: 3 games of 5 minutes each