



SPLIT THE DEFENDERS PASSING GAME

Emphasis:

This game focuses on passing, support, possession and communication to split two defenders.

Game Info:

This is for ages U8-U14. It is best run with at least 6 players but no more than 18 players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones, alternate jerseys

Setup:

Make a grid approximately 20x20 yards. Create three teams of two players per grid. Build multiple grids for additional games.

Instructions:

2 teams work together on the outside of the grid while the 2 defenders work on the inside of the grid. The four players on the outside keep possession and keep the ball from the defending team in the grid. The outside team scores a point when the ball is passed between two defenders (SPLIT) and is received by their teammate across the grid.

If a player on the attacking team makes a mistake, he and his partner become the defenders and the team winning the ball comes outside the cones and joins the other attackers.

When the defensive team gets split, they have to win the ball 1 extra time. So for example, say the 2 defenders get split 2 times before winning the ball, they must win the ball 3 times before switching with the attackers.

Progression:

- Limit the number of touches per possession
- Play the same game, but expand the grid 3-5 yards on all sides and have the players play inside the grid instead of outside the grid.

Coaching Points:

- Attacking players are moving for their partners and opening up in space.
- Balls are passed with good pace and on target
- Encourage players to communicate verbally and with their body and hands.
- Mandate eye contact before passing the ball
- Players to practice looking over their shoulders to develop an awareness habit