



Difficulty level ★★★☆

Core skill: First Touch

# COUNT THE PASSES

## Middle activity

### Activity

Depending on the ability of your players, choose any of the 3 'basic' positioning games

i.e. 3 v 1, 4 v 2, and 4 v 1.

The team in possession counts how many passes they can make.

Change defenders regularly, us regular breaks and allow for recovery.

### Set Up

**Area:** In a grid of approximately 10m x 10m (dependent on number of players)

**Players:** Defenders in the middle wearing a different colour bib. 3-4 players either inside the grid (diagram A) or outside the grid on each side (diagram B)

### Step up

Make the area smaller, add an extra defender, or challenge the passing team to count their passes & beat their record.

### Teaching points

Taking a first touch to allow for your next pass or movement, opening up your body to prepare for your first touch.

Face your body the way you are passing next.

