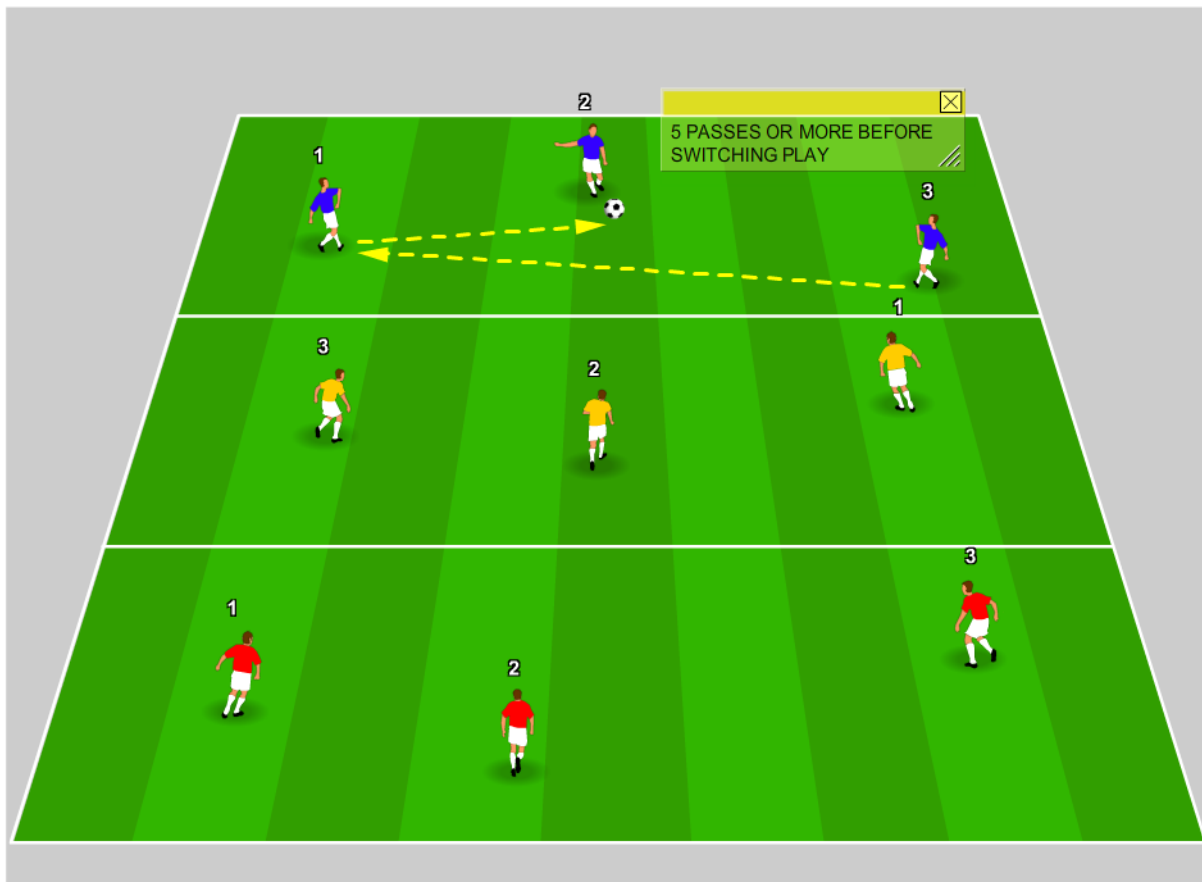


## Passing and Possession - Draw and Switch 1



**Date:** 19 Aug 09      **Measurement:** 30 L x 20 W yards  
**Time:** .      **Players:** 9  
**Duration:** .      **Level/Age Group:** 9-Adult

**Description:** 2 Groups of 3 players in each end zone and defenders in the middle. Blue team must make 5 passes before switching ball to the red team. Yellow 1 defender allowed to win ball back after blue team touch the ball. Red team receive driven pass and repeat to blue team after they make 5 passes.

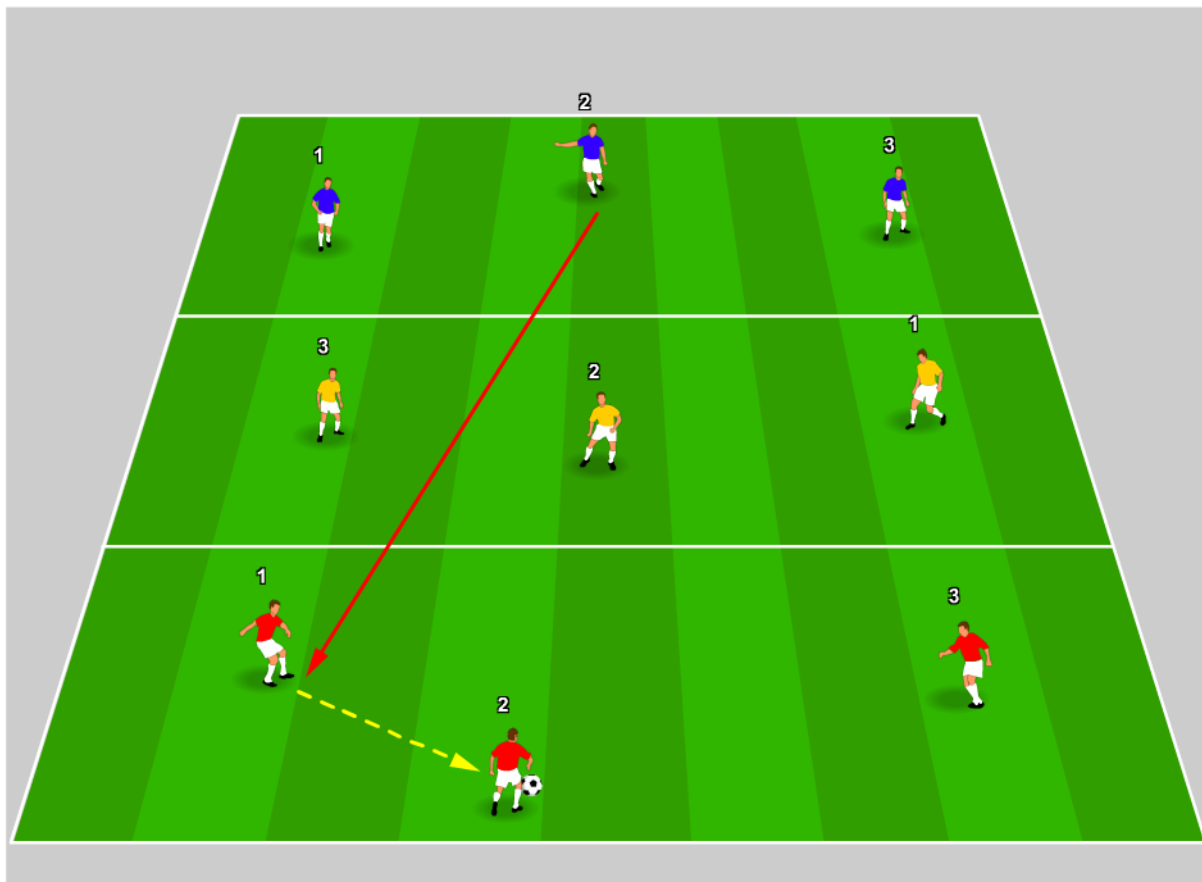
**Objective:** To develop, passing, receiving and possession.

**Coaching Points:** 1.] Quick passing to get five passes  
 2.] Set up to switch  
 3.] Movement off the ball - good support angles

**Progression:** 1.] Allow defenders (yellow team) to try intercept the pass 2.] Limit number of touches, i.e. 3 touch max.

**Notes:**

## Passing and Possession - Draw and Switch 2



<b>Date:</b>	19 Aug 09	<b>Measurement:</b>	30 L x 20 W yards
<b>Time:</b>	.	<b>Players:</b>	9
<b>Duration:</b>	.	<b>Level/Age Group:</b>	9-Adult

**Description:** 2 Groups of 3 players in each end zone and defenders in the middle. Blue team must make 5 passes before switching ball to the red team. Yellow 1 defender allowed to win ball back after blue team touch the ball. Red team receive driven pass and repeat to blue team after they make 5 passes.

**Objective:** To develop, passing, receiving and possession.

**Coaching Points:** 4.] Good 1st touch on the switched possession  
 5.] Communication between both sets of teams

**Progression:** 3.] If lose possession then that team switch to become defenders in the middle  
 4.] Allow 1 or 2 defenders to challenge the team in possession in the end zone

**Notes:**