



Draw and Pass

Skill – Catching and Passing

TYPE
Open

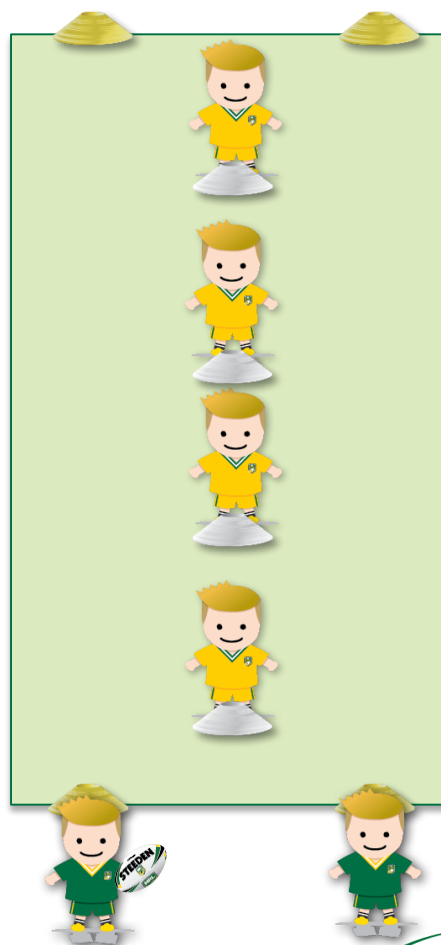
AGE
9+

Description

- » 4 defenders (yellow) start on a white marker each.
- » Two line of attackers (green) start at one end of the grid.
- » The first group of attackers runs through the grid whilst using a draw and pass on each defender.
- » Each defender must have their hands behind their back, and feet together. They can only move by jumping with their feet together.
- » When the attackers finish, they line up at the other end and come back.
- » Ensure you rotate defenders

Progression

- » Allow the defenders to move freely.



Field Size (10m)



(20m)

Players



Min 6 x
Attackers



4 x Defenders

Equipment



x (12) Markers



Whistle



x (1) Football per pair



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