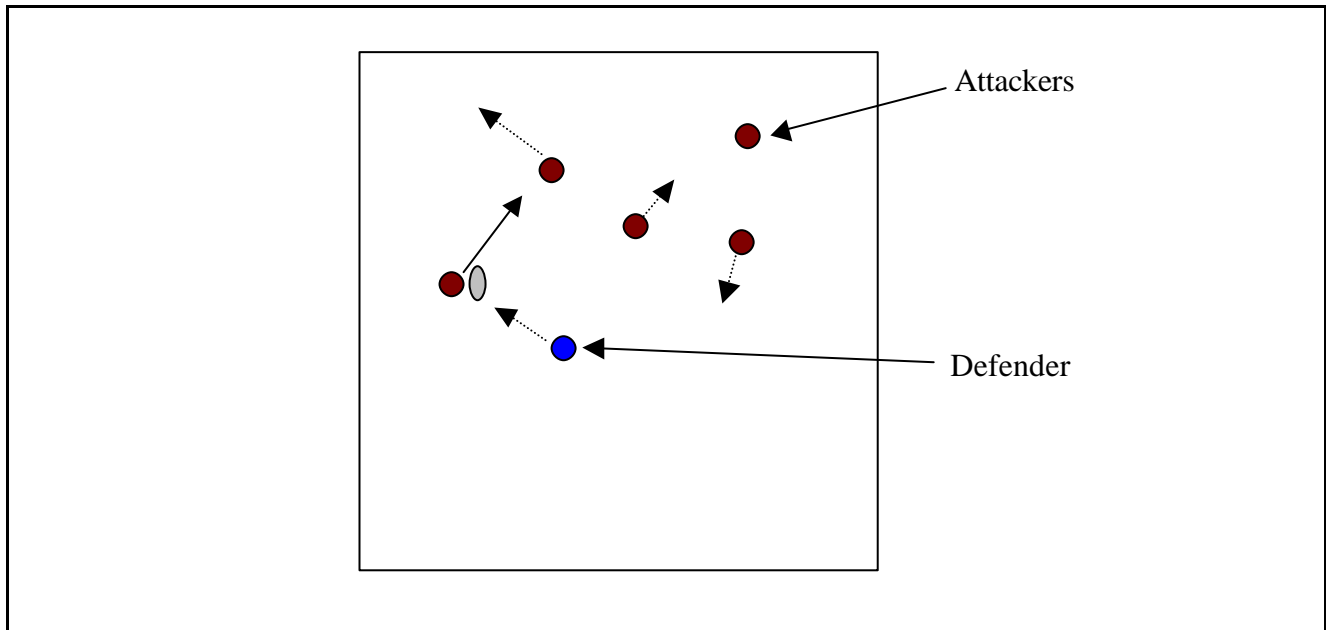


Drill Name		Keep Ball						
Objectives		Warm up activity for practicing passing under pressure and developing communication/team skills.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
16	Grid	10x10	1	5-6	10			



Description

1. One player is selected to be the defender.
2. The other players work as a team with the target of making 10 successful passes.
3. The defender must try and tag a player holding the ball. The player is not allowed to intercept passes only tag a ball carrier.
4. If a ball is dropped or tag is made, the defender wins.
5. The coach can either rotate the defender or the tagged player becomes the next defender.

Progression

1. Increase number of attackers.

Set-Up

1. Groups of 5-6
2. Mark out grid
3. All players with tag belts.
4. One ball per group.

Key Factors

Passing team

1. Heads up, eyes only
2. Look for space
3. Hands up – targets
4. No overhead passes
5. Call for pass – “my ball”.

Defender

1. No interception of passes
2. Focus on the tag of the ball carrier
3. Hand back tag after tackle
4. Call “Tag”

