



10 Pass

Skill – Passing & Catching

TYPE
Open

AGE
9+

Description

- » All players start in a 10m x 10m grid.
- » Players are split in 2 even teams. Try to keep a maximum of 4 v 4 or 5 v 5 in a 10m grid. Create multiple grids if you have more players.
- » One team attacks with the ball, the other defends.
- » Attackers try to accumulate 10 passes between themselves.
- » Defenders attempt to stop them without touching an attacker.
- » Attackers can either run when they have the ball, or they can stand still.



Progression

- » You can increase or reduce size of the teams or mismatch team numbers e.g. 6 v 4.
- » You can increase the size of the grid.

Logistics

(10m)



(10m)

Players



x (4) with ball



x (4) Without Ball

Equipment



x (4) Domes



Whistle



x (1) Football



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