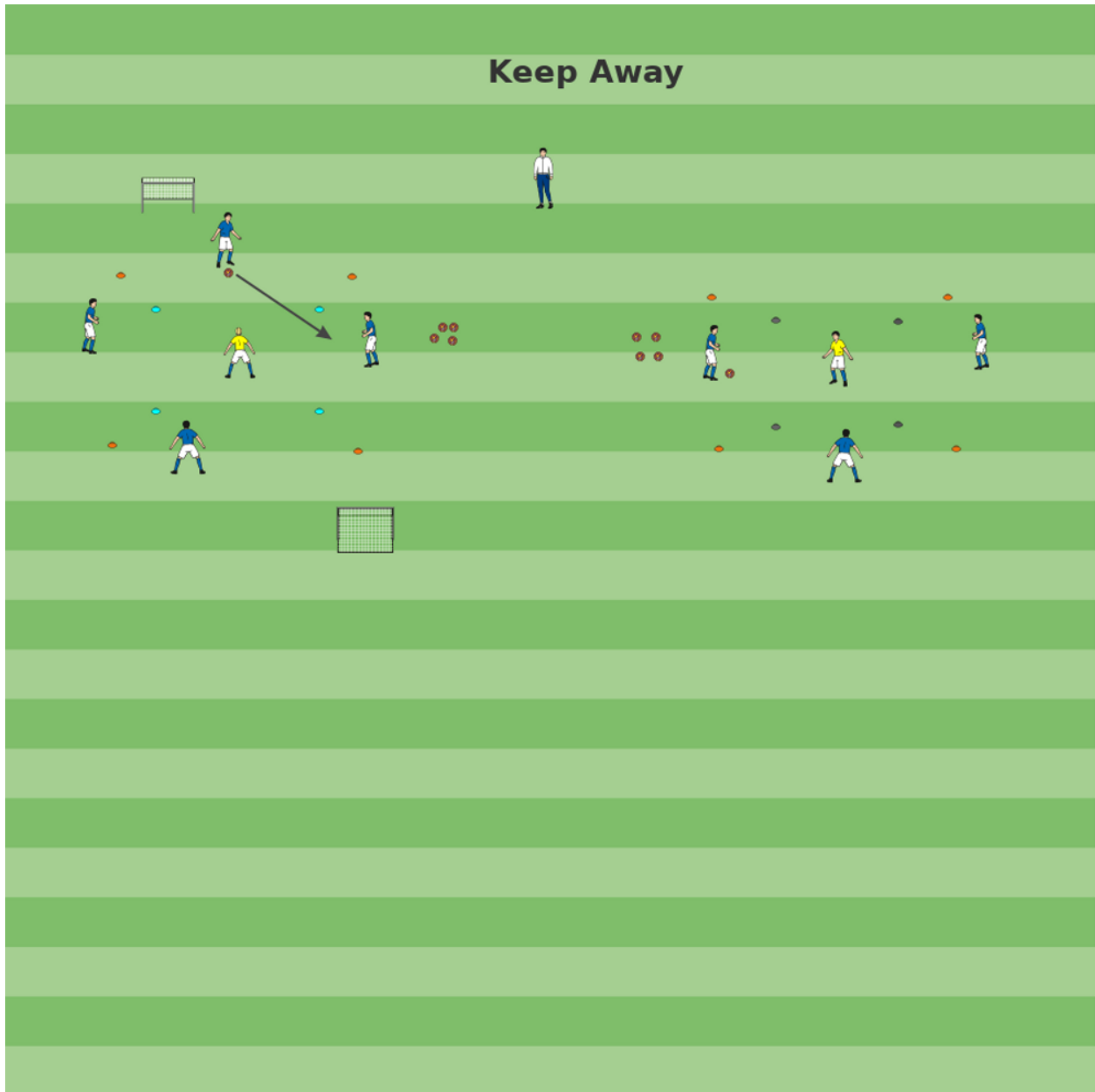


## Keep Away



### Organization:

**4v1-** 10x10 yard grid with a 7x7 grid in the middle. Adjust size of grid based on number of players

**How to Play:** Players on outside try to keep possession by moving along the imaginary line that the two cones they are standing between create. The player in the middle stays within the middle square. Ball must travel through center grid. When player in the middle wins the ball, they try to score in the mini goals. Play for 2 minutes at a time

**Why:** Improve passing, receiving, field awareness

### Variations:

- Limit number of touches or time on the ball for players on outside
- Limit time or touches for yellow once ball is won

### Coaching Points:

- How are players receiving the ball (backfoot when possible, touch out in front to play quickly)
- Head up to find the open player
- Movement off the ball to support player on the ball