



Rock Around The Clock



Date:	29/Dec/2019	Measurement:	10 x 20
Time:	N/A:N/A	Players:	17
Duration:	N/A	Level:	U11 - 18+

Objective:

Description:

Two Groups, 6 grids. Each group is playing 6V3. (or 4v2 etc) The groups are in opposite corners. Difficulty for each group can be adjusted (The groups don't have to have identical rules. Ex: One group needs 7 passes, the other 5). Teams are trying to connect 7 passes without losing the ball. When 7 passes is accomplished, the entire group moves to the next grid. The group to catch the other group or reach the grid they started in first wins. Losing team becomes groups of 3 (or 2 or 1) & the defenders become another possession team.

Coaching Points:

Progression:

- Have 6V1 and each defender is in their own grid - If 6V1 then play one or two touch. - Change the total number of passes needed to move to the next grid