

Rules for Games to teach Ideas

Rule: Can't pass to the same player that you received it from

Result/use: Movement to receive the ball in space

Result/use: Knowing where the next pass will go

Rule: Must have all players in attacking half to score

Result/use: Encourages possession in attacking half

Result/use: Team stays connected

Rule: Can't make two negative passes in a row

Result/use: Encourages playing forward

Result/use: Helps keep players from playing "safe" or "easy" pass

Rule: Line of cones down center of field - goal scored for switching sides of field

Result/use: Encourages players to trap players on one side of field

Result/use: Can use it to teach switching play

Rule: First pass in transition must be played forwards

Result/use: Breaks immediate pressure

Result/use: Can initiate attack immediately

Rule: Number of turnovers (ie 3) = being subbed off (or some kind of punishment)

Result/use: Puts pressure on players and teaches them to handle it

Result/use: Importance of each pass or decision is emphasized

Rule: Only play the way you are facing when you receive it

Result/use: Teaches body positioning and thinking of where to play next

Result/use: Teaches types of "plays" (up/back/through)