

# Teaching the “Killer Pass”



**The Set-up:** On a 30×30 yard field, 5 red players play versus 5 white players to 4 goals. There is a 3 yard gate placed approximately 5 yards in front of each goal. Coach should have a supply of balls to keep the exercise moving.

**The Game:** Both teams can score in any of the 4 goals, but the players **Must** pass to a teammate through the gate prior to scoring.

## Focus:

- Change of direction
- Decision making
- Movement off the ball (supporting runs)
- Teamwork
- Spacing (don't crowd your teammate on the ball)
- Fitness

**Variation:** Players can only score first time (one touch). This will promote better timing of runs to the weak side of the gate.