

PROGRESSION OF KEEP AWAY

“Hot Potato”

- 1) small circle, keep ball moving, one touch
- 2) slightly larger circle, keep ball moving, one touch
- 3) larger circle, keep ball moving, one touch
- 4) in larger circle, keep ball moving, two touch (trap and pass)
- 5) in larger circle, keep ball moving, two touch, call person's name passing to

“Keep Away”

- 1) larger circle with one player in the middle
 - A) one touch
 - B) two touch
 - C) call person's name
 - D) work on “faking out” person in the middle; look away, use outside of foot, etc
- 2) Repeat (1) with two players in the middle

“On Field Keep Away”

- 1) play keep away with no “circle” or “square” restrictions; 5v1, 3v1, 5v2, 6v2, etc
- 2) A) form two teams (yellow and green) with each team on opposite side of the “field”
 - B) number the players on each team (1,2,3,4, etc)
 - C) player “1” from the yellow team goes onto green teams side of the field
 - D) green team plays keep away from the yellow player
 - E) if green team has 5 consecutive passes, this is one point and passes the ball to the yellow teams side of the field
 - F) if yellow player steals ball and passes to yellow teams side, this is one point for yellow
- 3) as the team progresses and is able to make 5 passes more often, set up two goals (using cones) on the midline, the passing team must shoot (after 5 passes) through one of the goals to score a point