



Pass and Eject SSG

ORGANISATION: Players split into 3 teams.

One team start as 'kings' of the pitch (yellows in the diagram). They start in possession and have the aim of completing 5 passes. Another team is on the pitch pressing (blues). The remaining team is resting on the outside (reds).

The 'kings' try to make 5 passes and when they do, they 'eject' the pressing team off the pitch. The third team then comes on to become the pressing team.

If the pressing team wins the ball and manages to score in either goal, they then eject the possession team and become the new 'kings'.

COACHING POINTS:

General Points:

- Creating angles in possession.
- Using the GKs in possession.

