



Bulldog

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Objectives: To improve passing technique under pressure in a fun, challenging environment. As the passing technique of your players improves, their ability to possess the ball naturally improves as well.

This game is played in a **20 x 25 yard grid** by two teams of 4 players. Each team is color-coded...one team in Blue and one team in Red. Place many soccer balls outside the perimeter of the grid on all sides.

The Blue team starts with one ball and passes it around to their teammates with their hands (like team handball). The Red team starts with one ball and passes it around to their teammates with their feet. On the coaches signal the competition begins:

The Blue team tries to hit the Red teams' ball with their ball by throwing it. The Red team tries to prevent this from happening by intelligently passing the ball around the grid. If the Blue team is successful in hitting Red's ball, Blue receives a point. If the Red team can successfully string 5 passes together inside the grid without getting their ball hit by Blue, they receive a point.

The game is continuous for 1, 2 or 3 minute periods. So, even if points are scored before time is up, the game continues. If a ball from either team leaves the grid during the time period, another ball can be retrieved from outside the grid to keep the game going. Play multiple games so that the teams can alternate playing with hands and feet.

