



## U5-U6 Passing Games

Category: Technical: Passing & Receiving  
Difficulty: Beginner

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### Description

#### Gates Passing (5 mins)

**Gates Passing** - U5 pass with their parents, U6 can pass to each other or to parent  
Players run around trying to pass through as many gates as possible within a time limit set by coach. (1min rounds are suggested)  
Focus on form and weight of pass as well as first touch



#### Knock the cone (10 mins)

**Knock the cone** - U5 parents can help their player get the ball if they miss and pass it back to them to reinforce the receiving technique as well as the passing technique once they go to knock a cone over again.  
Set a time limit (1min suggested) to play per round and see how many cones you can knock over. Players should try to beat their score from round to round.



#### Space Wars (10 mins)

**Space Wars** - U5 parents can help their player get the ball if they miss and pass it back to them to reinforce the receiving technique as well as the passing technique once they get the ball.  
Players are the Jedi's, the coach or parents are the "Sith" or "Clone Troopers" (villains on the dark side). Players try to use their passing technique to hit the villains below the knee with their ball. Play for a certain amount of time (1-2mins suggested) and see how many times you can hit the villains. Play multiple rounds so they can each try to break their previous record.



## Octopus (10 mins)

Setup a rectangular space about 10x20 yards depending on number of players. This game is similar to sharks and minnows except players are partnered up with their parent or with a teammate and try to pass until they are able to get into the safe space.

U5s partner with their parent, U6 with a teammate. Coach is in the middle with pool noodles as long arms. When coach says go players try to pass their way to the other side without being tagged. Coach can only tag the person with the ball. Players should naturally be encouraged to pass and move for each other.

Variation:

More octopuses can be added.

Number of passes required before you are able to go to the safe zone.

