

McDonald's Skills Zone - Passing



Focus on Passing

McDonald's Skills Zone Challenge #1

This challenge is used to develop passing over short distances. Short passing is a great way of getting the ball towards the opponents goal and reduces the risk of giving the ball away.

Minimum Equipment Required

- 2 balls.
- 3 - 8 cones or markers (drink bottles, sweatshirts, bags etc) to make a goal.

Set Up

- Set up 3 targets as below (ask your coach or parent to show you how to set this up):

Goal	Width	Points
1	2m	1
2	1m	3
3	Ball on cone	5

Place a starting cone on the ground (this is where you will pass the ball from). Distances are below:

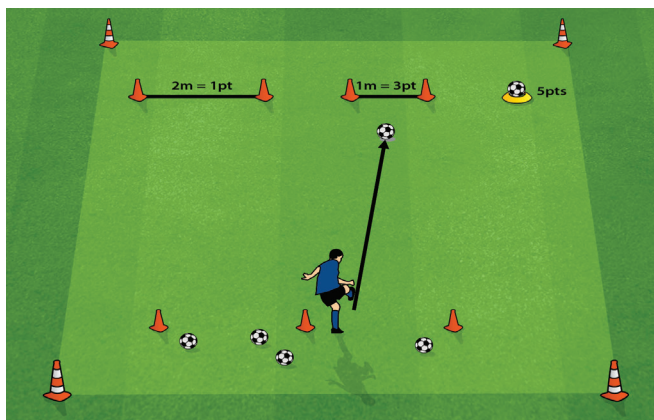
4-6 years old	5 metres away
7-8 years old	8 metres away
9-12 years old	10 metres away

Challenge

- You have 5 passes at the goal.
- You are allowed to choose which target you decide to pass at.

Scoring

- You score points for each successful pass made, and the points add up to your total score.
- For example, if you had 5 successful passes at Goal 1, your total score would be 5.
- If you scored through Goal 1 twice (1+1), at Goal 2 twice (3+3) and missed with your last effort your total score is 8.



Players can **download** each Skills Zone Challenge and score sheets from www.nzfootball.co.nz