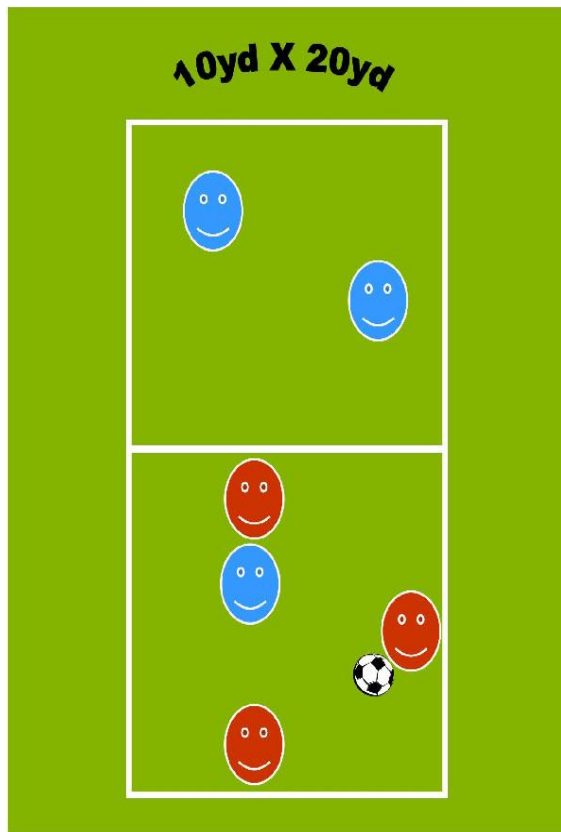


## Bank



Create a rectangular grid and divide it in two. Create two teams and place them on different halves of the grid. The objective is for one team to accumulate twenty passes before the other team. The difficulty is that the opposing team can send in one player to act as a defender. If the defender wins the ball and gets the ball to his team's half, the team that was in possession loses all of their passes except for prior "banked" passes. "Banked" passes are earned when a team accumulates a number of passes and then willingly passes the ball to their opponents while simultaneously yelling "bank!" After banking, one player should attempt to win the ball back so that more passes can be accumulated. After a total of twenty passes have been accumulated, the team wins.

### Variations:

1. Depending upon the age and abilities of the players, shrink or expand the grid.
2. Limit the players to a certain number of touches (usually two).

### Focus:

Players should be focusing on proper technique, but also on anticipating where the pass should be made. This drill begins to introduce tactics as well – when it is better to play the ball down field rather than lose possession in one's own end?