



ONE PASS RULE EXPLAINED



The one pass rule is a teaching methodology used in soccer programs to develop skills related to possession and passing. The basic idea behind this rule is that when a player receives the ball, they must pass it to a teammate before taking any further action. This rule encourages players to focus on maintaining possession of the ball and working together as a team.

To apply the one pass rule, the following guidelines are followed:

- 1. Initial Possession:** When a team gains control of the ball, they must make at least one pass before attempting to score on the opponent's net.
- 2. Loss of Possession:** If the ball is intercepted or possession is otherwise lost to the opposing team, the one pass rule resets. The team must again make at least one pass before attempting to score if they regain possession.
- 3. Deflected Passes:** If the team in possession attempts a pass and the pass is deflected or an interception is attempted by the opposing team but the opposing team does not gain control of the ball, and the original team immediately regains possession, it is considered that no loss of control occurred. The attempted pass is still counted as completed, even though the ball was touched or deflected by the opposing team.



4. **Maintaining Control:** The one pass rule emphasizes maintaining or losing complete control of the ball. As long as the team maintains possession after a deflection or an interception attempt, they do not need to reset their pass count.

5. **Shooting and Goalkeeper Saves:** If a one pass is completed and the team then shoots on the net, and the goalkeeper makes a save but does not maintain control (e.g., the ball is deflected back to the team), the team can immediately shoot and score. However, if the team shoots, and the goalkeeper saves and puts the ball back into play to the opposing team, the opposing team must make at least one pass before attempting to score.

6. **Goal Kicks:** When a team is awarded a goal kick, no matter if the goalie takes the kick or if another player takes the goal kick for the goalie the kick does NOT count as a one pass. Another pass must be made for the team to score. (This is to avoid the goal kick just being passed to an exceptional player and him/her taking the ball and deking his/her way up the field and scoring. The point of our one pass rule is to avoid situations like this and to have other players involved in the plays.

7. **Corner kicks, Throw Ins and Free kicks:** Count as a pass

8. **Referee Discretion:** Sometimes, the interpretation of possession and control can be subjective. In these cases, it is up to the referee's discretion to determine whether the one pass rule has been correctly followed. The referee's decision will stand in such situations.

In summary, the one pass rule is designed to emphasize the importance of teamwork, communication, and maintaining possession in soccer. It requires teams to work together to keep control of the ball and make strategic passes before attempting to score. This rule helps players develop essential skills and understand the dynamics of effective team play.



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Mini Soccer Rules (Outdoor)