



ONE PASS RULE

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.

In other words, the player cannot dribble the ball or take a shot until they have made a pass to a teammate. This rule is intended to encourage players to maintain possession of the ball by passing it to teammates instead of attempting to take on defenders or shoot from difficult positions.

The one pass rule has several benefits for player development. First, it helps players learn how to maintain possession of the ball by passing it to teammates, which is an essential skill in soccer. Second, it encourages players to communicate with each other on the field, as they must be aware of where their teammates are in order to make a successful pass.

Finally, the one pass rule can be used to teach players about the importance of teamwork and cooperation. By requiring players to pass the ball to teammates, coaches can emphasize the idea that soccer is a team sport, and that success is dependent on everyone working together towards a common goal.

Overall, the one pass rule is an effective teaching tool for developing skills related to possession and passing in soccer. It encourages players to work together, communicate effectively, and maintain possession of the ball, all of which are crucial skills for success on the soccer field.

It should be noted that the One Pass Rule will be applicable only during the regular season and not during playoff games. This rule has been implemented for training purposes exclusively during the regular season.