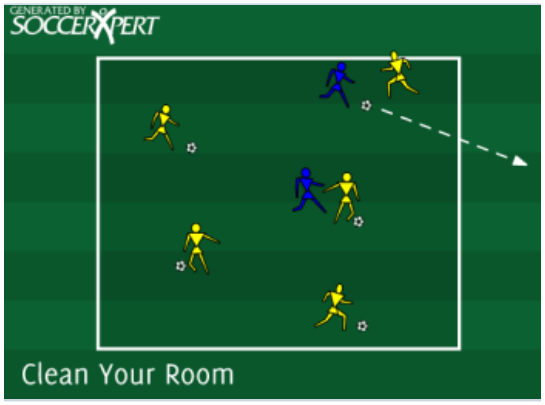


Drill Quick Glance

Age: 4-8	**Field:** 15X15
Players: 6+	**Time:** 10 MINS.
Difficulty: MEDIUM	**Focus:** DEFENDING
Keeper: NO	**Type:** Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests

Clean Your Room

Objective:
This soccer game is a great drill for U5 through U8 players. The clean your room soccer drill will focus on dribbling under pressure while also working on defensive pressure as an individual or a small group.

Setup

1. Create a grid that is approximately 15 X 15 yards. You should adjust the size of the area depending on the size, skill set, and the number of players.
2. Assign one player to "clean the room." This player will act as the defender to knock everyone's ball out of the grid.
3. Every player other than the room cleaner needs a ball.

Instructions

1. Start by having the players dribble around free in the grid.
2. The coach should release the room cleaner into the grid.
3. The room cleaner's job is to steal the ball from the dribbling players and kick the ball out of the grid.
4. The dribblers must retrieve their balls and attempt to get back into the grid as quickly as possible.
5. The room is "clean" once all of the balls are out of the grid at one time.
6. The room cleaner should kick the ball out of the grid as far as they can to give them a chance to get all of the players.
7. If a player is struggling to clean their room, a 2nd room cleaner can be sent to assist.

Coaching Points

- Instruct the room cleaner (defender) to pressure players with the ball quickly and kick the ball out of the grid as far as possible.
- Dribblers must be aware of the defender (pressure) and remain calm and protect the ball.

Variations

- Start with 2 room cleaners (defenders).
- Make the players do 10 jumping jacks before entering the grid. This will give the defender a bit more time to clear other balls out of the grid.