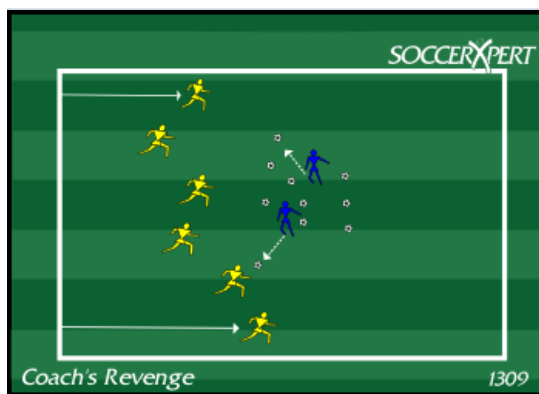




Drill Quick Glance

Age: 4-8	Field: 25X30
Players: 4+	Time: 10 mins.
Difficulty: EASY	Focus: AGILITY
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Soccer Balls

Coach's Revenge

Objective:

This drill is a fun soccer drill. It will focus a bit on young players' agility while dodging balls kicked at them and is a great ice breaker or a fun warm-up game at the beginning of practice.

Setup

1. Create a grid approximately 25X30 yard grid. You can adjust the grid's size depending on the age, skill level, and the number of players.
2. Have all of the teammates spread out on one of the end lines without a ball.
3. The coach or coaches should be in the middle of the grid with every ball.

Instructions

1. On the coach's command, every player must sprint from one side of the grid to the other while avoiding balls being kicked at them by the middle coaches.
2. The Coach attempts to hit the players with the ball from a pass aiming for the knees down.
3. If the coach's pass strikes a player, those players collect the balls and join the coach's in the middle of the grid attempting to hit the remaining players.
4. The last player standing wins!

Coaching Points

- Players must sprint from one side of the grid to the other.
- Players should lift their head to avoid being struck with the ball.
- Encourage players to have fun!

Variations

- N/A