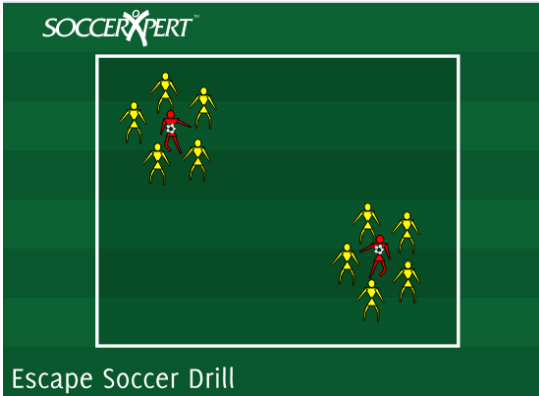




Drill Quick Glance

Age: 4-10	Field: 10X10
Players: 6	Time: 5-10 Mins.
Difficulty: EASY	Focus: AGILITY
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Soccer Balls

Escape

Objective:
This drill enhances a player's ability to move under pressure while maintaining balance and control. It also encourages teamwork and coordination among defenders using their hips to contain the central player.

Setup

- Field Size: 10x10 meters
- Players: 6 total (1 central player, 5 defenders)
- Ball Supply: 1 ball held by the central player
- Starting Position:
 - One player stands in the middle holding a ball with both hands.
 - The five surrounding players form a loose ring around them, linking arms.

Instructions

- The central player's objective is to escape the grid while holding the ball with both hands.
- The surrounding five players must use only their hips (no arms or hands) to block the escape.
- The central player cannot dive or use their hands to brace themselves—they must stay on their feet.
- The drill ends when the central player escapes the grid or after a set time limit (e.g., 20-30 seconds).
- Rotate the central player after each round, ensuring all players have a turn.

Coaching Points

- Encourage Quick Footwork: The central player should use agility and sharp movements to find gaps.
- Body Positioning: Defenders must stay low and balanced to use their hips effectively.
- Awareness & Adaptability: The central player should scan for openings and react quickly.
- Controlled Physicality: Ensure defenders use their hips fairly without excessive force.
- Balance & Core Strength: The central player should stay upright and maintain stability while moving.

Variations

- Time Challenge: If the central player doesn't escape within 20 seconds, they stay in for another round.
- Smaller Grid: Reduce the space to make it harder for the central player to escape.
- Increase Defenders: Add a seventh player to make escaping even more challenging.
- This drill builds agility, balance, and physical control while reinforcing teamwork and movement strategies in a fun and competitive environment.