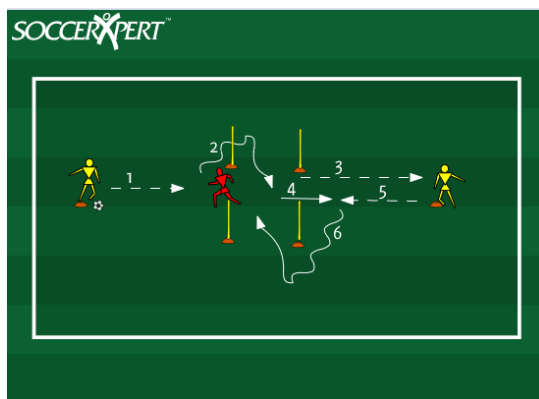




Drill Quick Glance

Age: 9+	Field: 20X20
Players: 4+	Time: 10 MINS.
Difficulty: MEDIUM	Focus: PASSING
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls | Training Sticks

Hot-Box Passing and Receiving Drill

Objective:

The hot-box passing and receiving soccer drill focuses on small group and individual passing and receiving skills.

Setup

1. Create a box approximately 3 yards by 3 yards.
2. Set two cones about 5-7 yards on either side of the box.
3. One player starts in the box, and the other two players start at the two cones on either side of the box.

Instructions

1. A player on the side of the box passes to the working player as they make a check run to the ball.
2. The working player receives the pass, turns around the training stick back into the middle of the box.
3. The working player then passes the ball between the training sticks to the player on the opposite side of the box.
4. The working player makes a check run outside the box towards the player they made the pass.
5. The side player returns the ball to the working player in the middle.
6. The working player then receives the ball, turns around a different training stick, and returns to the box.
7. They then pass to the other player, and the pattern repeats.
8. Switch every 1 minute allowing players time to work at full pace and rest.

Coaching Points

- Crispy first touch
- Good fluid movement after the first touch
- Crispy pass back to the stationary players
- Side players need to be moving and shouldn't be simply standing around

Variations

- To make the drill more difficult, tighten the grid and limit the number of touches to receive and turn
- To make the drill a bit easier, make the area larger