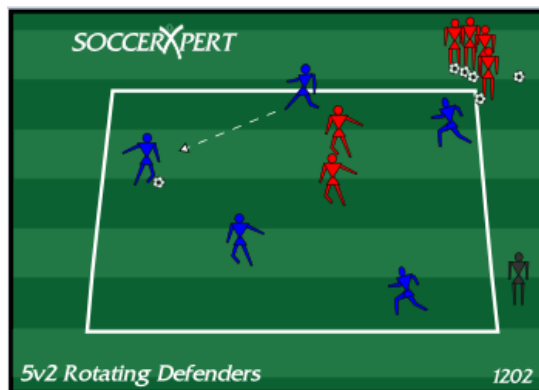




Drill Quick Glance

Age: 8+	Field: 15X15
Players: 9+	Time: 15 mins.
Difficulty: MEDIUM	Focus: POSSESSION
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

5v2 Rotating Defenders

Objective:

This 5v2 drill will focus on keeping possession by making good passes as well as good passing decisions, moving to open space, and good communication.

Setup

1. Create a grid that is approximately 15X15 yards.
2. Place 5 attackers inside the grid in an alternate jersey.
3. The remaining players pair up as defenders behind one corner cone with the supply of balls.

Instructions

1. The first pair of defenders passes a ball into the 5 attackers.
2. The defenders immediately step into the grid and become defenders creating a 5v2 inside the grid.
3. The 5 attackers attempt to put together a set number of passes. If this is achieved the two defenders do pushups.
4. The attackers continue passing until the defenders win the ball, or the ball is knocked out of play.
5. Once the play is dead, the next pair of defenders plays into the same 5 attackers, and play resumes.

Coaching Points

- Vision
- Changes in the direction and speed of play
- Appropriate use of 1st touch
- Appropriate use of short or long passing
- Good passes to feet
- Good first touch towards space
- Good decision making (make play easy)
- Speed of play/decisions

Variations

- Adjust grid (larger grid = easier for attackers but harder for defenders; smaller grid = harder for attackers but easier for defenders)
- Introduce splits (split defenders, defenders do 10 pushups every split)
- Adjust the number of attackers (4 attackers vs 2 defenders)