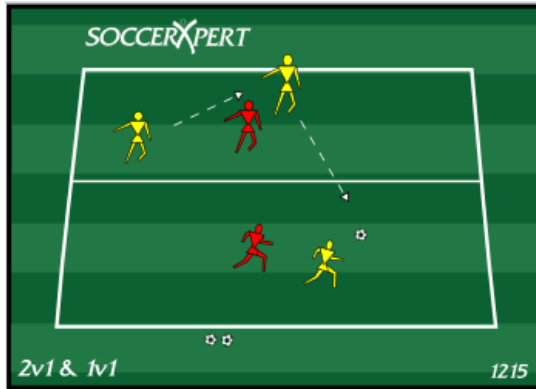




Drill Quick Glance

Age: 9+	Field: 20X20
Players: 5+	Time: 10 mins.
Difficulty: MEDIUM	Focus: POSSESSION
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

2v1 and 1v1 Possession Game

Objective:

This soccer drill focuses on both possession and penetration. It helps to teach communication and switching the point of attack to keep possession and penetrate the defense.

Setup

1. Create a 10 x 20 grid with a line of cones that divides the grid in half.
2. Place two yellow players and one red player in one grid.
3. The other grid needs one yellow and one red player.

Instructions

1. Two yellow players keep possession from the red player as he tries to win the ball.
2. After 5 passes (this number can be anything from 3-5 depending on the level of play) the two yellow players try to find their teammate in the other grid, who is making runs to get open.
3. The red player attempts to prevent this pass from being played successfully.
4. If the yellow players successfully pass into the yellow player, one of the yellow teammates may join them in that grid creating a 2 v 1 in that grid until completing the number of passes.
5. At this point, they try to play the ball back into the original starting section.
6. Do this for two minutes and then rotate the players, so everyone gets to play offense and defense.

Coaching Points

- Get a look up to the person in the other section every time.
- Try to receive the ball with the body opened up to the field whenever possible.
- Play the ball to the correct foot in order for the player to receive the ball opened up.
- Communicate every time to make sure someone goes over into the other section upon successful penetration.

Variations

- To get more success, you can start with a 3 v 1 in one section and 1 v 1 in the other or even 3 v 1 and 2 v 1.