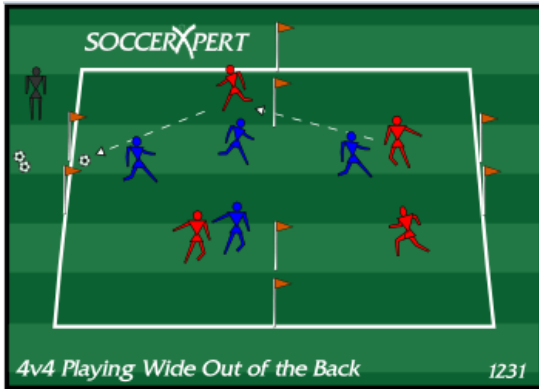




Drill Quick Glance

Age: 9+	Field: 40X25
Players: 8	Time: 20 mins.
Difficulty: MEDIUM	Focus: Game-like
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Training Sticks

4v4 Playing Wide Out of the Back

Objective:
This drill is designed to get players to play balls wide when playing from the back, the defensive third of the field. Players recognize that they find more time and space on the outsides of the field and they are relieving the center of the pitch from dangerous play.

Setup

1. Create a grid approximately 40X25 yards.
2. Create a small goal on the end line with two training sticks.
3. Create two 7 yard channels along the outsides of the field on the center line.
4. Split the players into two teams of four.

Instructions

1. Each team defends a goal.
2. Award a goal only when the ball is won in the defensive half of the field and played wide through a channel before knocking it into the goal.
3. Players are not allowed to go forward unless it is passed or dribbled through one of the wide channels first.

Coaching Points

- Once the ball is won, players must quickly open up for their teammates which will allow for a quick switch (changing the point of the attack).
- Players should be thinking a step ahead of the play.
- Once the ball is won defensively, keep possession and get out of the back by going wide.

Variations

- Limit players number of touches
- Add a 2nd ball
- Ball must be PASSED through the channel
- Ball must be DRIBBLED through the channel