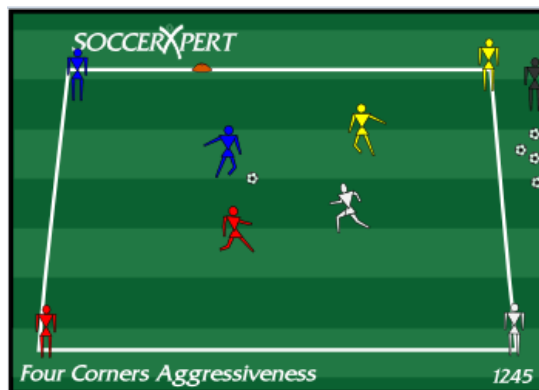




Drill Quick Glance

Age: 4+	Field: 20X20
Players: 8+	Time: 15 mins.
Difficulty: EASY	Focus: RECEIVING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

Four Corners Aggressiveness and Fitness Drill

Objective:

This soccer drill focuses on aggressiveness in winning 50/50 balls and fitness. This drill will be more beneficial for players under 8 and older.

Setup

1. Create a grid that is 20x20 yards.
2. Create 4 teams and have them stand at each of the four corner cones.
3. The coach positions himself outside the grid near the middle of 2 side cones with an abundant supply of soccer balls.

Instructions

1. The coach plays a ball into the center of the grid and shouts out a command (such as "GO") to begin play.
2. The first player in each of the 4 lines must sprint after the ball in an attempt to reach the ball first.
3. Once a player wins the ball cleanly, the player must hold possession from the other players for 5 seconds before passing the ball back to the coach.
4. If any player steals the ball from the person in possession, that player then attempts to hold possession for 5 seconds.
5. A team scores a point by successfully holding possession for 5 seconds and making a return pass to the coach.
6. The first team to reach 5 points wins.

Coaching Points

- Players should be taught to go after the ball aggressively with speed, determination and vigor.

Variations

- The coach can play different types of balls such as flighted balls, bouncing balls, rolling balls, balls with large amounts of top or back spin.