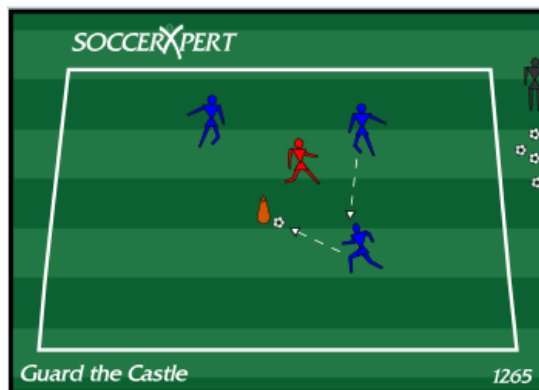




Drill Quick Glance

Age: 4-12	Field: 12X12
Players: 4+	Time: 15 mins.
Difficulty: MEDIUM	Focus: 2v2
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

9" Tall Soccer Cones | Scrimmage Vests | Soccer Balls

Guard the Castle

Objective:

The Guard the Castle drill is a great small-sided game that focuses on passing in numbers up situations. This soccer passing game is a fun drill the kids will love it!

Setup

1. Set up a grid that is 12 X 12 yards.
2. Organize the team into groups of four.
3. One of the four players should wear an alternate jersey and be the designated defender (guarder of the castle).
4. Place a 9" tall cone or a disc cone with the ball on top of it in the middle of the grid; this will become the "castle".
5. The attacking players begin with one soccer ball.

Instructions

1. The three attackers should pass the ball around the defender in the grid in attempt to knock down the castle with a pass.
2. A point is awarded when the castle is knocked down.
3. The castle is considered knocked down when the ball is knocked off the cone or the tall cone is knocked down with a pass.
4. If the castle is knocked down with a foot, reset the castle and continue play. No point is awarded.
5. Once the attackers score 3 points, switch the defender.

Coaching Points

- Instruct players to get their heads up to find the pass.
- Make sure the players are passing the ball with proper weight on the ball.
- Make sure players are moving about the grid in order to find open space.
- Make sure players know it is ok to dribble the ball to space or beat the defender before making the pass.
- Make sure players are making the easiest decisions when passing.

Variations

- Depending on the age level and skill of the players, you can remove the 12 x 12 grid limitations, or make the grid smaller for very skilled players.
- If players are standing next to the cone, you can build a 3x3 grid and not allow players to step into that small grid.
- Require players to complete a certain number of passes before they are allowed to knock down the castle.
- Play 1v1 and focus on dribbling skills.