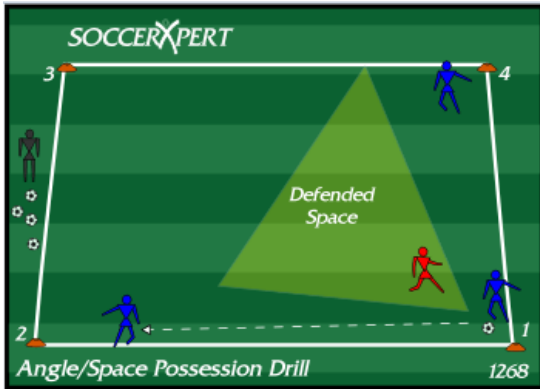




Drill Quick Glance

Age: 5-14	Field: 10X10
Players: 4+	Time: 15 mins.
Difficulty: MEDIUM	Focus: POSSESSION
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

Angle of Support Soccer Possession Drill

Objective:
The Angle of Support Soccer Possession Drill is a soccer passing drill for teaching young players angle of support and spacing.

Setup

1. Create a grid that is 10 X 10 yards.
2. Organize the team into groups of three players per grid.
3. Each of the three players should position themselves near three different corners of the grid with one ball.

Instructions

1. The instructions are merely to never leave an empty cone adjacent to the player with the ball.
2. For example, if the drill begins with a player at position 1 in possession of the ball, then players should be at position 2 and 4 (cones adjacent to the player in possession of the ball).
3. The player at position 1 can pass to either of the players at positions 2 and 4.
4. If the player at position 1 passes to the player at position 2, the player at position 4 must quickly move to position 3 to support the player in “un-defended space.”
5. The play continues with no defensive pressure and players are allowed to pass to either supporting player.
6. This soccer drill is simple, but players will have to pay attention to the ball movement and anticipate the next move to move to space quicker.

Coaching Points

- Make sure players are thinking and moving quickly to the next supporting position.
- Explain Defended Space (see diagram)
- Help players with good angle of support

Variations

- Play in 1 or 2 touches.
- Add a passive defender (this could be a coach or parent).
- Add an active defender to simulate real pressure in the game.