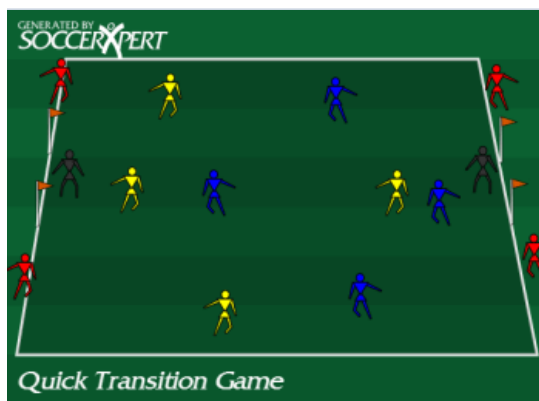




Drill Quick Glance

Age: 10+	Field: HALF FIELD
Players: 10	Time: 20 MINS.
Difficulty: MEDIUM	Focus: Game-like
Keeper: YES	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Training Sticks | Full-Size Goal

Quick Transition Game

Objective:

This soccer drill is an excellent way to focus on attacking and defending and is ideal for teaching the basic principals of soccer. The game can be modified to illustrate many aspects of the game.

Setup

1. Create a 35X45 yard field with two goals at either end.
2. Split up the team into three teams of 4 players and give each team a color (Blue, Red, & Yellow).
3. Place a goalkeeper in each goal.

Instructions

1. Start with the Yellow team attacking the Blue team.
2. The Red players start with two players at each of the two goals acting as neutral supporting players to both colors playing.
3. If the Yellow team scores on the Blue team, the Yellow team has to quickly retrieve the ball from the goal and attack the goal on the opposite end-line.
4. The Blue team steps off to become the supporting players along the outside while the Red team steps on the field to play against the Yellow team.
5. Continue to rotate off the team getting scored on with the supporting team.
6. The first team to 5 goals wins.

Coaching Points

- Focus on basic Defending Principals.
- Focus on basic Attacking principals.
- Encourage players to play through the supporting players to make play easier.
- Make sure supporting players are moving to good space/angles to properly support the play.

Variations

- Make supporting players play in 1 touch.
- Make the attackers have to play through the supporting players before they can score a goal