



Drill Quick Glance

Age: 10+	Field: HALF FIELD
Players: 8+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: ATTACKING
Keeper: NO	Type: Team
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Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

Soccer End Zone Game

Objective:

The soccer end zone game is a great soccer drill that will help coaches focus on all aspects of attacking and defending in soccer. With incorporating end zones into the game, it gives players a chance to learn to attack space behind the defense and allows defenders to learn how to deny space behind them.

Setup

1. Create a 50X30 yard grid.
2. Create a 5-yard end zones on each end of the field.
3. Split the team into 2 evenly matched teams

Instructions

1. A team scores a goal by getting the ball from one end zone (by passing or dribbling into the zone) and immediately attacking the end zone and gaining possession in the end zone on the opposite end.
2. If the opposing team wins the ball before successfully gaining possession in both end zones, no point should be awarded.

Coaching Points

- Focus on fundamental passing, moving, support.
- Focus on basic defending and attacking skills.
- Focus on quick counter-attacks.

Variations

- Limit the number of touches.