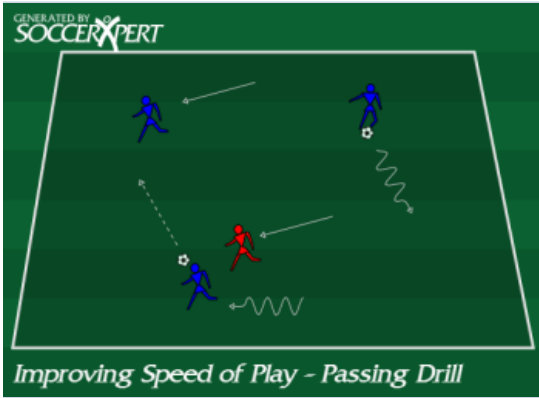




Drill Quick Glance

Age: 9+	Field: 15X15
Players: 4+	Time: 15 mins.
Difficulty: MEDIUM	Focus: PASSING
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

Improving Speed of Play - Passing Drill

Objective:
This soccer drill is designed to improve the speed of play, decision making, and passing accuracy under pressure.

Setup

1. Create a grid approximately 15X15 yards (make the grid smaller or larger depending on the skill and age of the players).
2. You will need 4 players per grid and two soccer balls.
3. You will be playing 3 attackers vs. 1 defender and the defender should be holding the alternate jersey in their hands while defending.

Instructions

1. The three attackers must keep possession from the one defender.
2. The attackers can position themselves anywhere within the grid and should be moving to create support for his teammates with the ball.
3. The defender is not trying to win the ball. However, their goal is to touch the attacker while that player is in possession of the ball.
4. If the defender is successful, he hands the alternate jersey to the attacker, and they switch roles.
5. If the attackers can hold possession for the count of "30 elephants" they earn a point (reduce this time based on age and skill level of the players).

Coaching Points

- Make sure the players have good supporting movement and angles.
- Help the players think a step ahead of the defenders. Know where the next ball is going to come from or go.
- Make good passing decisions with good pace.
- Introduce combination play into the mix.

Variations

- Have the defenders tackle the players for the ball. Switch roles when the ball is won.
- Limit or increase the number of touches by the attacking players.