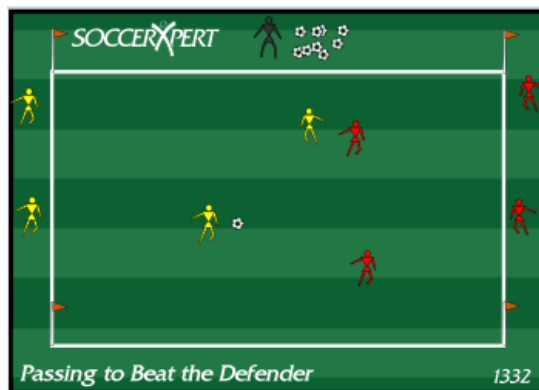




Drill Quick Glance

Age: 9+	Field: 25X30
Players: 8+	Time: 15 mins.
Difficulty: MEDIUM	Focus: PASSING
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Training Sticks

Passing to Beat the Defender

Objective:

This passing game focuses on passing to beat the defender. This 2v2 game works on passing, moving, and finding open space behind two defenders.

Setup

1. Create a grid approximately 25X30 yards.
2. Split the team into two teams of four players.
3. Two players from each team will play in the middle of the grid while the other two players defend their assigned end line.
4. The coach should have a large supply of soccer balls.

Instructions

1. The coach plays a ball into a team that holds possession from the other team and plays 2v2.
2. The remaining two players from each team defend their assigned end line.
3. The end line players can move from side to side along the end line; however, they cannot enter the grid.
4. To score, the team in possession must make a pass no higher than knee-high past the opponents defending the end line.
5. Each time a team scores, the end line defenders rotate with attackers.

Coaching Points

- Make sure players are actually passing the ball rather than just kicking.
- Passes must have a good pace and play to space.
- Players must move to help the passing player keep possession.
- Make sure players are playing balls away from the end line defenders.

Variations

- Increase grid size and play 3v3 with 3 end line players.
- Require a certain number of passes before attacking the end line.
- Allow the defensive end line players to be passed to in order to maintain possession.