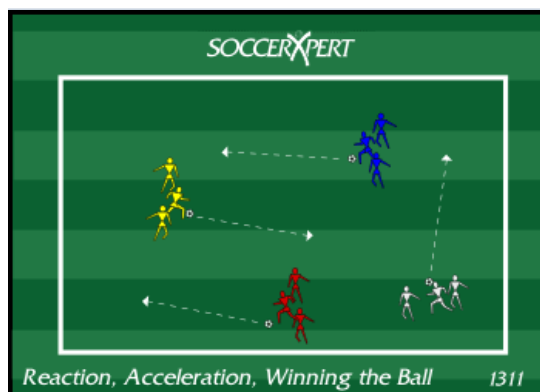




Drill Quick Glance

Age: 7+	Field: 20X20
Players: 3+	Time: 10 MINS.
Difficulty: EASY	Focus: WARM-UP
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Soccer Balls

Reaction, Acceleration, and Winning the Ball

Objective:

This soccer drill focuses on reaction, acceleration, and winning 50-50 balls. This is a great warm-up drill when focusing on fitness, reaction time, or winning 50-50 balls.

Setup

1. In a large area, group players into groups of three.
2. You will only need one ball per group of 3 players.

Instructions

1. One player from each group will dribble around inside the area while the other two players jog alongside the dribbler to shadow him.
2. On the coach's command, the player dribbling the ball must pass the ball 10 to 15 yards into space.
3. All three players attempt to win the ball quickly and cleanly.
4. Upon winning possession, the player that won the ball now becomes the dribbler and awaits the coach's command to repeat the drill.
5. You can make this drill into a competition and reward the player that wins the ball five times as the winner.

Coaching Points

- The players should always remain ready and react quickly to the pass.
- Each player should battle for sole possession of the ball.

Variations

- Upon winning possession, the player in possession must maintain control for 5 seconds.
- Have the players juggle rather than dribble and volley the ball away on the coach's command.