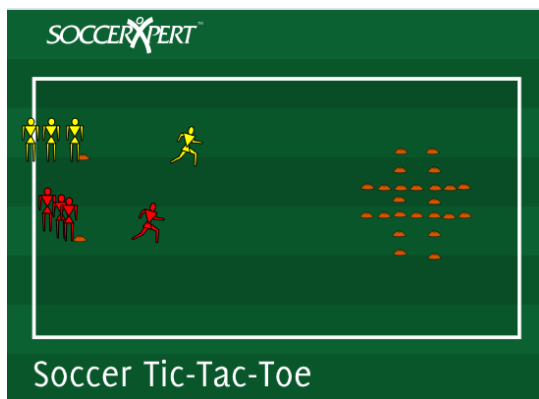




Drill Quick Glance

Age: 9+	Field: 20X20
Players: 6+	Time: 10 MINS.
Difficulty: EASY	Focus: FUN
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests

Soccer Tic-Tac-Toe Warm-up

Objective:

Soccer Tic-Tac-Toe is a fun warmup drill that focuses on making good decisions while under pressure.

Setup

1. Set two cones about 3 yards apart as the starting point.
2. Using cones, create a tic-tac-toe board about 10 yards from the starting cones.
3. Divide the team into two groups.
4. Give the first three players in group one yellow pinnies, and the first three players in group two red pinnies.
5. This will be a relay style race to win tic-tac-toe.

Instructions

1. On the coaches command, the first player in each line, player 1, race to the tic-tac-toe board and drop a pinnie in one of the nine spaces.
2. These players race back to the line and after slapping hands with the next player in line, player 2 starts.
3. Player 2 race to the tic-tac-toe board and drops a pinnie in one of the spaces.
4. These players race back to the line and after slapping hands with the next player in line, player 3 starts.
5. Player 3 races to the tic-tac-toe board to drop a pinnie in one of the spaces to block or attempt to win the game.
6. If the game is not won, these players race back to the line and after slapping hands with the next player in line, player 4 starts.
7. Since player 4 does not have a pinnie in hand, this player races to the tic-tac-toe board and can move ONE of their colored pinnies to an open space.
8. This continues until one of the teams win the game.
9. Play to 5 wins.

Coaching Points

- This tic-tac-toe game is designed to allow the players to have fun, while learning to think quickly under the pressure of the other team.
- Think fast and be strategic in the placement of the pinnie.

Variations

- Make players run backwards to the tic-tac-toe board.
- Set up a speed ladder for each team, and make them perform an agility using the ladder to the tic-tac-toe board.