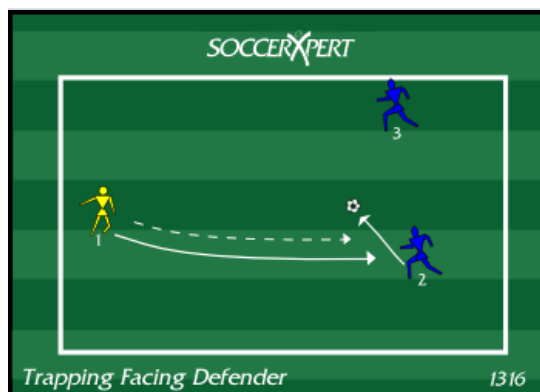




Drill Quick Glance

Age: 9+	Field: 20X30
Players: 3+	Time: 15 mins.
Difficulty: MEDIUM	Focus: RECEIVING
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

2v1, Receiving while Facing the Defender

Objective:

This soccer ball control drill aims to work on trapping and control with the foot, thigh, and chest while facing an opponent.

Setup

1. Create an area of approximately 20X30 yards.
2. Divide the team into groups of three players.
3. Start with one player (player 1) on one side of the grid.
4. The other two players (player 2 and 3) start on the opposite side of the area.
5. Player 1 starts with the ball.

Instructions

1. Player 1 will serve the ball into player 2. Player 1 follows the pass and defends player 2.
2. Player 2 moves towards the service, has a quality controlling touch away from the pressure from player 1, and attacks the end line player 1 started.
3. Player 2 can pass to player 3, creating a 2v1.
4. To score, stop the ball on the end line the two players are attacking.
5. The server should serve the balls to the chest, thigh, and feet.

Coaching Points

- Quick control and move forward.
- The first touch is into space away from the advancing player.
- Controlling player must decide to pass or dribble
- Proper technique when controlling the ball (see links below)

Variations

- Place a 2nd defender about 5-7 yards behind player 2 and 3 to pressure the attackers' backside.
- This defender should make a recovery run to get goal-side of the ball.