

North South East West

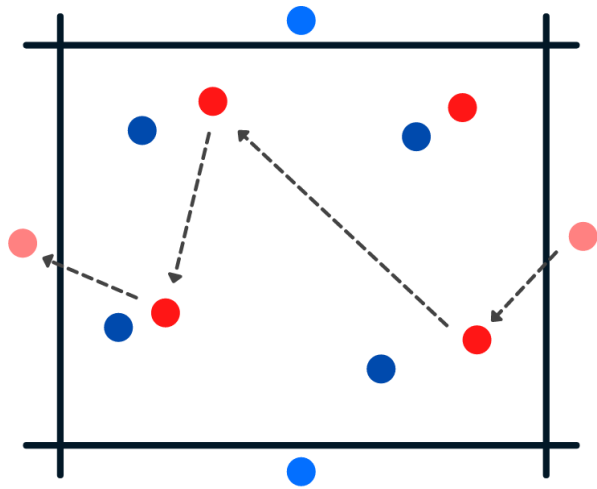


Age: 9-11 / 12+

Players: 12+

Topic: Passing And Receiving

Duration: 20 Mins



Set Up The Drill:

Set up a 30×30 yard grid using small cones. Split the players up into two teams and put them in different color bibs. For the purpose of this activity description, we'll call the teams "red" and 'yellow'. Have a supply of balls ready to help facilitate quick restarts.

Instructions:

Select two 'target players' for each team. The 2 blue team target players start outside the grid on opposite sides; one on the north side and one on the south. The 2 red team targets players do the same but on the west and east side of the grid. All remaining players start inside the grid.

Teams compete for possession of the ball and score a point by maintaining possession and playing the ball from one of their target players to the other. Play for a designated amount of time or until a certain amount of points is scored and then switch out the target players.

Progression:

Add a touch limitation (i.e each player can take a maximum of 2 or 3 touches every time they receive).

Coaching Points:

- Utilize who space within the square to help your team maintain possession of the ball.
- Create diagonal passing lines and angles for your teammates.
- Look before you receive the ball (scan the field).
- Look to open your hips up and play forward whenever possible.
- Transition quickly upon loss or gain of possession.