

You Pass, We Score!



Age: 7-9 & 9+ Years

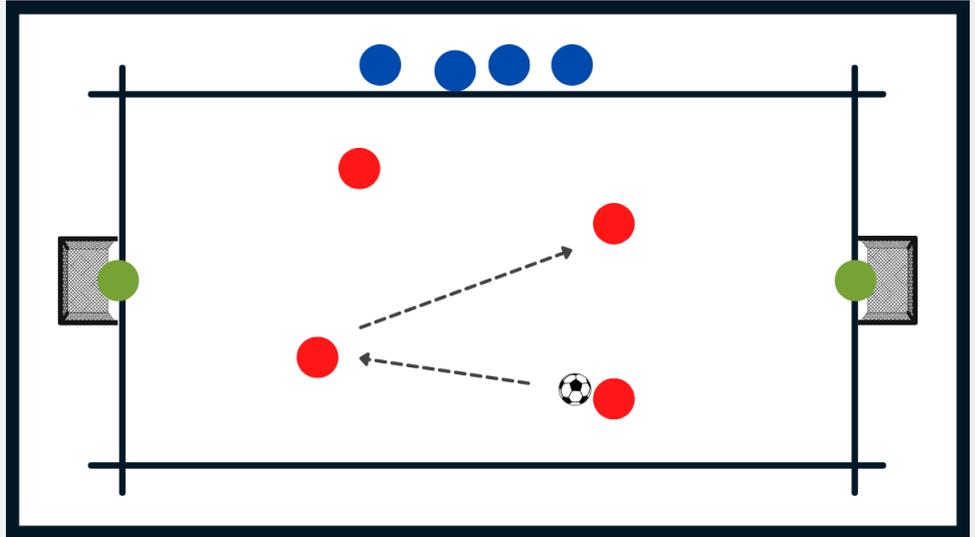
Players: 10

Topic: Passing

Sub Topic:

Pressuring The Ball

Duration: 20 Mins



Set Up The Drill:

Set up a 20x30-yard grid using small cones. Place a full-size goal at each end of the grid. If you don't have full-size goals, use tall cones, flags, or whatever you have available. Have a supply of balls available by the coach to help facilitate quick restarts. You'll also need two sets of different colored bibs. Designate two players to start as goalkeepers, one in each goal. Next, split the players into two teams of 4 and put them in separate colored bibs. For the purpose of this activity description, the teams will be red and blue.

Instructions:

The red team starts in the grid with the goalkeepers, and the blue team starts outside the grid. The activity begins when the coach plays a ball into the red team. They must, along with the goalkeepers, try and keep possession of the ball. As the first ball is played in, one blue defender runs onto the field and tries to win the ball before scoring in either of the two goals. Every 30 seconds, an additional blue team defender runs onto the field until all of the blue team is on the field. Once all blue team players are on the field, the game continues for another 2 minutes before the coach calls time. If a ball leaves play at any point, the coach immediately plays a new one into the red team, and play continues.

Variation:

Instead of introducing the defenders in 30-second increments, have all the defenders start on the field at the same time. This works especially well for more advanced players who are comfortable on the ball.

Coaching Points: Passing/Possession

- Spread out and look to create triangles and diamonds in possession.
- Look before you receive the ball (be sure to scan and evaluate your options).
- Use the goalkeepers to help maintain possession of the ball and keep your numerical advantage.

Coaching Points: Pressing As A Unit And Scoring Goals

- Stay connected, press as a unit, and look to cut off passing lanes.
- Look for visual cues (e.g., an under-hit pass, a poor touch, etc.) to initiate higher pressure.
- Once possession is won, attack one of the goals as quickly as possible.