

Drill Number

19

Min Age Group:

U8

Min # of Players

1

Drill Name

Punch Back

Min Time Required

5

Description

Setup:
Players pair up with one ball per pair. Players stand 5-10 yards apart.

Description:
The player without the ball (Player 1) begins jogging toward the player with the ball. The player with the ball gently throws the ball so that the player can strike the ball with the top of their foot to "punch" the ball back. Player 1 retreats to the start line then repeats. If Player 2 has to chase the ball Player 1 should jog in place until Player 2 returns and is ready.

Start with strong foot only (right foot for most). Then work on weak foot. Next, alternate feet. Finally, randomly use feet.

Coaching Points

Make sure they point their toe down and strike the ball with their laces, not their shins

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

