

**Drill Number**

20

**Min Age Group:**

U7

**Min # of Players**

6

**Drill Name**

Outta There!

**Min Time Required**

10

**Description**

Setup:  
Create a 25 x 15 yard grid with a goal at each end.

Description:  
The coach stands on the touchline with a supply of balls and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are "outta there." This should be a very fast paced game.

Progressions:

- 1. Let either player score in either goal.
- 2. Change play to 2v2. In 2v2 spacing, passing, receiving all come into play.

**Coaching Points**

- 1. This game should be very fast paced.
- 2. As soon as the ball goes out of bounds throw another ball in immediately.
- 3. The coach is the master of the balls. Look for players that aren't having a lot of success and distribute the ball straight to them.
- 4. Vary how balls are distributed into the playing area.

**Dribbling**

**Footwork**

**Shielding**

**Passing**

**Receiving**

**Defending**

**Tackling**

**Finishing Tech**

**Throw-ins**

**Aggressiveness**

**Conditioning**

**Spacing Concepts**

**Tactics**

**Goalkeeper**

**Settling the Ball**

