

**Drill Number**

23

**Min Age Group:**

U8

**Min # of Players**

2

**Drill Name**

Stop & Drop

**Min Time Required**

5

**Description**

Setup:

Create a grid about 40 yards long. Players pair up for this drill. Each pair has one ball.

Description:

The player with the ball passes the ball to the defender's feet. The defender stops the ball with the sole of their foot then retreats about five yards from the ball. The offensive player then moves forward and again passes the ball to the defenders feet, who stops the ball and drops. This repeats itself until the pair has traveled across the grid. The players switch roles and come back across the grid.

The process must be quick to work on the defender back pedaling and staying in balance and in position.

**Coaching Points**

**Dribbling**

**Footwork**

**Shielding**

**Passing**

**Receiving**

**Defending**

**Tackling**

**Finishing Tech**

**Throw-ins**

**Aggressiveness**

**Conditioning**

**Spacing Concepts**

**Tactics**

**Goalkeeper**

**Settling the Ball**

