

**Drill Number**

28

**Min Age Group:**

U9

**Min # of Players**

8

**Drill Name**

Attack the Square

**Min Time Required**

10

**Description**

Setup:  
Make a 10 yard x 10 yard square. 4 balls for 8 players.

Description:  
4 players will be attackers and 4 players will be defenders.

The defenders will stand 5 yards outside the square (1 on each side). The attackers will stand 10 yards away from the defenders. At "Go" the attackers will attempt to dribble past the defenders into the square. The defender can retreat to the edge of the square, but can not go inside.

The attacker MUST keep possession of the ball and take it inside the square. If the attacker ever retreats or loses possession of the ball the turn is over. There is a time limit.

Attackers rotate clockwise to work against all defenders.

Once an attacker has worked against all defenders the attackers and defenders switch roles.

**Coaching Points**

- Dribbling**
- Footwork**
- Shielding**
- Passing**
- Receiving**
- Defending**
- Tackling**
- Finishing Tech**
- Throw-ins**
- Aggressiveness**
- Conditioning**
- Spacing Concepts**
- Tactics**
- Goalkeeper**
- Settling the Ball**

