

Drill Number

31

Min Age Group:

U7

Min # of Players

8

Drill Name

Hit the Beach

Min Time Required

10

Description

Setup:

Mark a 25x10 yard field with additional 4 yard zones on each end. Place a lighter type ball (for example a beach ball or volleyball) at the center of the field. Divide soccer balls evenly. Divide players into two teams with each team in a zone.

Description:

Players, from their zones, kick the soccer balls at the center ball. The objective is to push the center ball into the opponent's zone to win. Side players collect stray balls and pass to their teammates. Players can come out of their zone to get stray balls but they must be in their zone to shoot at the center ball.

Coaching Points

Use inside of foot for accuracy

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

