

Drill Number

32

Min Age Group:

U9

Min # of Players

3

Drill Name

Three on a Square

Min Time Required

5

Description

Setup:

Square grid about 10 x 10 yards. 3 players each at a corner of the square. One corner should be open.

Description:

Player A starts with the ball and passes to either Player B or C. The player that does not receive the pass moves to the open corner of the square to provide the player with the ball an option of who to pass to. After each pass the player that does not receive the pass moves. The pace of the passes should be quick.

This drill teaches players to "open up" and move to a spot to receive a pass. This becomes more evident as a defensive player is added.

Coaching Points

Add a defender as players get better at passing.

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Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

