

Drill Number

36

Min Age Group:

U7

Min # of Players

2

Drill Name

Golf

Min Time Required

10

Description

Setup:

Create 9-10 gates 2 yards wide around the practice area. Divide players up into teams of 2-3 players.

Description:

Each team attempts to pass to each other with the ball going through all of the gates. Players can not dribble/move once they receive the ball. Add a footwork drill to avoid standing waiting for team mate to get in position.

Coaching Points

Show the importance of positioning to receive the pass.

Can keep track of total passes for the team as World Record.

Can time each time to encourage them to play quickly and add conditioning.

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

