

Drill Number

38

Min Age Group:

U8

Min # of Players

5

Drill Name

Soccer-Baseball

Min Time Required

10

Description

Setup:

Place 4 discs to form a 10 x 10 square. Place 4 cones around the 10 x 10 square to form a 12 x12 square. Place a player at each disc give one player a ball. Place remaining players in a single line to the right of the disc occupied by the player with the ball. This is home plate.

Description:

The four players on the discs must pass the ball from home plate to first base, second base, third base and back to home plate before the first player in the line can run around the outside of the square.

Coaching Points

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

