

Drill Number

45

Min Age Group:

U9

Min # of Players

4

Drill Name

Rotation

Min Time Required

5

Description

Setup:
Have three players form a triangle, then have a fourth player with a ball stand beside one of the players on the triangle.

Description:
Have Player A pass the ball to Player B then follow his pass. Player B does a two-touch pass to Player C and follows his pass. Player C again two-touch passes the ball to Player D and follows his pass. Player D two-touch passes to Player A and follows his pass. This can repeat indefinitely.

Coaching Points

The triangle should not move, should not get smaller or larger, etc.

Stress quick passes.

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

