

Drill Number

47

Min Age Group:

U7

Min # of Players

4

Drill Name

Protection

Min Time Required

5

Description

Setup:

Circle, 7-10 yard radius. One ball and one cone per player. Cones are placed in a circle with each player protecting a cone. Two balls are placed in the center of the playing area.

Description:

The object of the game is to hit the other players' cones and, at the same time, protect your own cone from being hit. One point is scored for hitting an opponent's cone. The player whose cone is hit loses one point. Players must protect their own cones. However, in order to score, they must risk leaving them undefended.

A ball played out of bounds is put back in the middle for everyone to play. After any score, the player whose cone was hit replaces the cone and starts immediately.

Variation: You can also play this as knockout. (Once cone is hit you are eliminated.)

Coaching Points

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

