

Drill Number

49

Min Age Group:

U9

Min # of Players

6

Drill Name

Run, Pass & Gun

Min Time Required

10

Description

Setup:

Set up a line of cones 5-10 yards to the side of each goal (the older the players, the further the distance). Set up 2 small goals and 1 cone 10-12 yards away from the goal. Split players into 2 even teams. Line up teams next to a goal, each player with a ball and each team positions a player outside the line of cones.

Description:

When the coach blows the whistle, the first player from each line dribbles to and around their cone and then passes the ball to his/her teammate who then returns the pass to his/her teammate for a shot on goal.

The first player to shoot the ball into the net gets a point for his/her team. Play until one of the players scores a goal, so if both players miss the net, they chase down their ball and try to kick the ball into the net first.

Weak passes from the dribbling player must be dribbled by his/her sideline teammate behind the line of cones and then passed to his/her teammate for an easy shot on goal. (Passes must be made behind the line of cones to penalize weak passes from the dribbling player).

Coaching Points

1. Players should dribble at speed toward the cone keeping close control of the ball.
2. Return pass should be targeted in front of oncoming teammates for an easy shot on goal.
3. Oncoming players should quickly shoot after receiving the return pass.

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

