

Drill Number

53

Min Age Group:

U7

Min # of Players

6

Drill Name

Catch a Break

Min Time Required

15

Description

Setup:

One standard sized goal. Start with balls in the goal. Two lines about 30 yards from the goal and about 30 yards apart.

Description:

The coach will roll a ball to the line on his left. That player traps and dribbles toward the goal for a shot. Once the player touches the ball the player in the other line runs to defend. If the player makes a good trap he/she should be able to come within 20 yards or less before the defender arrives. Players should retrieve balls and switch lines after each turn. Midway through drill switch and throw to line on right.

Coaching Points

Players should attempt a shot before defender arrives. This should not turn into a one vs. one drill. Make sure they finish with their left foot when ball sent to right line.

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

