

Description

Setup:

Place four cones in a line, each about 15 yards apart from each other (distance may need to be varied). The first cone is home plate, the second cone is first base, the third cone is second base and the last cone is third base. Have one player at each base and the rest in a line behind home plate. All players at home plate should have a ball.

Description:

Player A passes the ball to player B and immediately sprints towards a spot about 10 yards to the left of player B for a return pass. Player B delivers a one-touch pass to player A and then pivots to his right and runs towards second base. Player A receives the pass and passes it back to the running player B. Player A stops at this point and takes up a position at first base.

Player B then initiates the sequence again by passing the ball to player C at second base and sprinting to a spot about 10 yards to the left of player C for the return pass. Player C delivers a one-touch pass to player B and pivots to his right and runs towards third base. Player B receives the ball and passes it to player C and then goes to second base.

The sequence continues at third base with players C and D. Player C will end up at third base and Player D will finally dribble the ball around the outside of the activity and get back in line at home plate. Once Player B reaches 2nd base the next player in line starts.

Coaching Points

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

