

Description

Setup:

Place 4 discs to form a 15 yard x 15 yard square. Place the players evenly at each of the discs. At the disc with the most players give the first player in line a ball.

Description:

Player 1 at disc A passes the ball to the player 2 at the front of Disc B. Player 1 follows their pass and calls for a drop pass. Player 2 returns the ball to Player 1. Player 2 then runs toward disc C calling for a give and go pass. Player 1 passes to Player 2 who collects the pass and passes to Player 3 at disc C. Player 2 calls for a drop passes back from Player 3. Player 3 returns the ball to Player 2. Player 3 then runs toward disc D calling for a give and go pass. Player 2 passes to Player 3 who collects the pass and passes to Player 4 at disc D. Player 3 calls for a drop passes back from Player 4. Player 4 returns the ball to Player 3. Player 4 then runs toward disc A calling for a give and go pass. Player 3 passes to Player 4 who collects the pass and passes to Player 5 now at the front of the line at disc A. Play continues uninterrupted.

Coaching Points

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

