



Drill Name: 4 Goal Activity to Dribble or Pass

Set up :

Set up big enough field for the amount of players that you have with 4 goals and one in the middle of each endline.

Instructions:

Recommend to break down the kids in groups of 4 or 5 and if you have 3 groups one team is waiting to enter the game. Players in possession can score on any goal. The coach not only controls the tempo of the game but also starts play and looks for those players who are not actively involved. Could add a restriction when you pass to a teammate you go out and touch a cone and then can get back into the game. This will help in spreading out. Also a tool is have the players stop when you say "Freeze". Ask them if they should be where they are standing and see if they move.

Coaching Points:

Does the player get control of the ball before going to goal. Do they look for an open teammate. If given the restriction do they go out and touch the cone and come back to support or help defend.