



Drill Name: Get Out of Here Activity by Rick Flores

Set up :

Set up Grid with goals on opposite ends and sort players out evenly with colored bibs.

Instructions:

Have players stand side to side and closest player stands close to cone that is highlighted. The Coach will yell out number and the number he or she yells will be the amount of players that go and get ball to score on goal. Players will score in the direction of arrow. When the coach yells "get out of here" the players will run around outside as reflected on arrows and get to the back of the line. The Coach will yell 1, 2, 3 or 4 to keep players active and not standing around. Average number to yell will be 2 and 3.

Coaching Points:

Do players work together? Does the player that gets to the ball first make a decision to use a teammate? Do they control the ball once they get it? How do players defend or attack?