

Foot skills

15 minutes

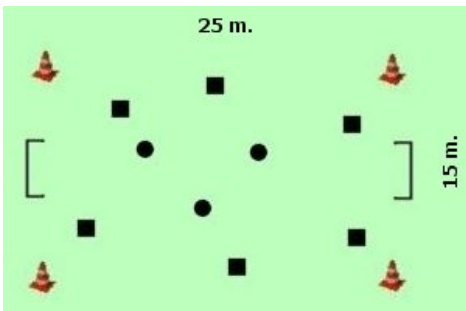
Advanced passing - Chip pass drill



Ball control - review traps - shielding

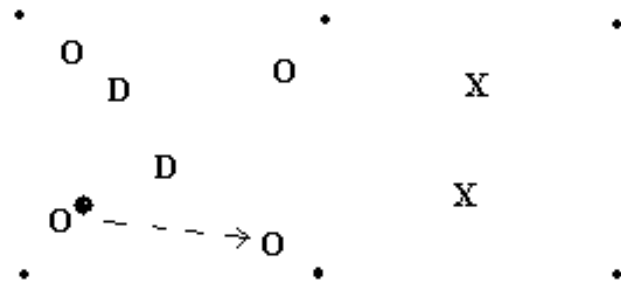
Controlling the ball

Looking up



- A field of 15x25 meters with on the short side two small goals
- Three persons wear a bib and are 'the defenders'.
- The defenders try to conquer the ball from the 6 attackers, if they manage to do this, they can try to score in one of the two small goals.
- The 6 attackers try to keep possession of the ball as long as possible. If they consecutively pass the ball 10 times without losing the ball, they get a point.
- After about 2 minutes we choose 3 new defenders.
- Who scores the most points?

Two square grids (about 15 x 15 yards) adjacent to each other (see below) (or split the penalty box in two). Begin with 4 offensive and 2 defensive players in one grid, and the remaining 2 player in the other grid. The offensive players play keep away trying to score a point by making 8 consecutive passes. If the ball goes out of the grid no matter who touches it last, or the defensive players win possession, the defensive players bring the (or pass) ball to the other grid and become the offensive players along with the 2 players already in the grid. Two of the offensive players who lost the ball run to the new grid and become the defensive players. Continue playing and keep score. This is more than just a passing game; it's also about transitioning from defense to offense and offense to defense.



- Set up a triangular goal in the middle of a 50 x 50 grid.
- Play an even sided game with both teams having their own keeper.
- Both teams try to score through any one of the three sides of the triangular goal.
- It is best to place the goal in the center of a 20 yard in diameter circle, with only the keepers allowed inside the circle.
- If the keeper catches the ball, his or her team must take the ball outside of the grid before they may attack again.
- Play with 2 balls for real excitement.
- Goalkeepers may become attacking players when their team has possession.