

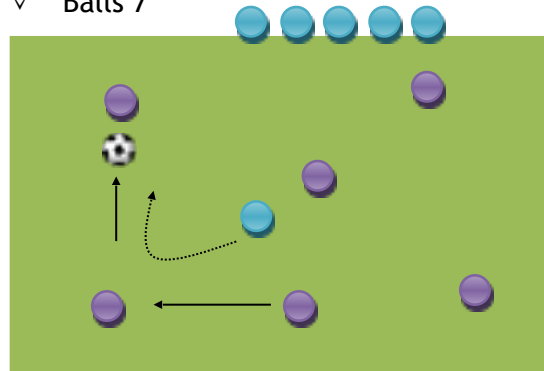
◇ Players 12

◇ Cones 10

◇ Balls 7

Topic

Passing / Disguise / Timing / Space



◇ Area: 20x25

Organization:

Start the practice with one entire group within a grid 20 yards by 25 yards.
The second group stands at the side of the grid and has one of their players in the grid as a defender.

Assign number to each player on the defending group.
Play the entire group versus one defender within the grid.
The attacking team attempt to keep possession of the ball "10 passes one point"

When coach calls a number, that player sprints into grid and defends. For example, with groups of 6 players, the drill can create 6 v 1, 6 v 2, 6 v 3 etc. Change roles of teams.

Start practice with free play then develop by conditioning the drill to "two" and "one" touch passing.