



FOUR CORNERS AGGRESSIVENESS AND FITNESS DRILL

Emphasis:

This game focuses on aggressiveness pursuing and winning 50/50 balls, dribbling and passing.

Game Info:

This game is for ages U10-U14. It is best run with at least 4 players but no more than 20 players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones

Setup:

Create a grid that is 30x30 yards. Create 4 teams and have them stand at each of the four corner cones. The coach stands outside the grid near the middle of 2 side cones with a large supply of soccer balls.

Instructions:

The coach plays a ball into the center of the grid and shouts out a command (such as "GO") to begin play. The first player in each of the 4 lines must sprint after the ball in attempt to reach the ball first. Once the ball is won cleanly, the player must hold possession from the other players for 5 seconds before passing the ball back to the coach.

If any player steals the ball from the person in possession, that player will then attempt to hold possession for 5 seconds. A team scores a point by successfully holding possession for 5 seconds and making a return pass to the coach. The first team to reach 5 points wins.

Progression:

- The coach can serve different types of balls such as air balls, bouncing balls, rolling balls, balls with large amounts of top or back spin.
- The coach can serve the ball into a specific area of the grid

Coaching Points:

- Go after the ball aggressively with speed, determination and vigor.
- Shield the ball from opponents
- Delay player with the ball from passing to the coach