



## FINDING THE TARGET PLAYER

### Emphasis:

This game is designed to encourage midfield and defensive players to receive the ball, look up field to find the "Target Player" and give a penetrating pass to that target player.

### Game Info:

This is for ages U10-U14. It is best run with at least 10 players but no more than 18 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, alternate jerseys

### Setup:

Build a large grid approximately 40X40 yards and create 2 even teams. You can adjust the size of the field based on the number of players and their age. Each team should build a 10X10 grid on their attacking end and place one target player in this grid. (See diagram)

### Instructions:

Inform the two teams to play against each other and points are scored when a team is able to keep possession and play the ball into their team's Target Player who is inside the 10X10 grid. If the player successfully controls the ball inside the box that team is awarded a point.

### Progression:

- Create a larger box and add a defender with the target player (have the defensive player be somewhat passive at first)
- Extend the box to the full width of the field
- Limit the number of touches

### Coaching Points:

- Heads are up quickly to find the target player
- Play the target player early. Make sure there is a clear distinction of playing "kickball" and playing early.
- Purposely placed passes rather than accidental.
- Good preparation, forward, out of the feet for the penetrating pass