

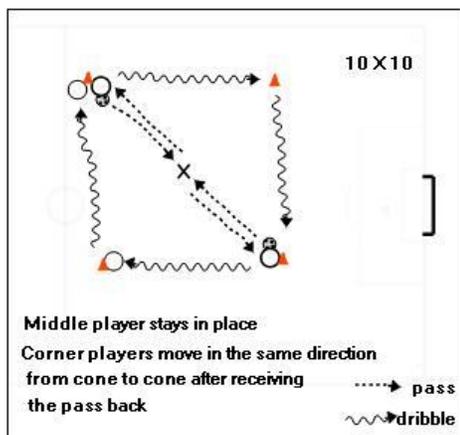


Date: 10/28/11 **Group:** Strikers
Length: 75 mins
Start Time: 6:00pm **Focus:** passing/receiving
End Time: 7:15pm **Level:** U12

| Length | Start | Drill Name | Category | Notes |
|--------|--------|--------------------------------------|---------------------------|--|
| 10 | 6:00pm | Grid drill-around the grid | Warm up drills/small area | |
| 10 | 6:10pm | Grid drill-pass & find the open cone | Warm up drills/small area | 10X10 grid one ball. 4 cones |
| 15 | 6:20pm | Baseball Passing | Passing/receiving | Nobody leaves their base in this drill. 4 cones 4 players 2 balls Baseball diamond about 10 yard base paths. |
| 10 | 6:35pm | 3 player combination | Passing/receiving | 6-7 players per group. 3-4 balls 6 cones |
| 20 | 6:45pm | outside support | Small sided games | |
| 10 | 7:05pm | Overlap thru the legs | Conditioning with a ball | compete to see who finishes first. |

Notes: Teach players to face the field when receiving the pass.

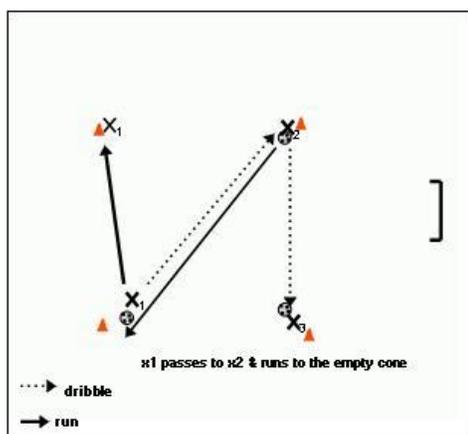
Drill Title: Grid drill-around the grid (1 Diagram)



The corner players start with a ball. They take turns passing the ball on the ground to the middle player & upon receiving the ball back, dribble to the cone adjacent to them moving in a counter clockwise direction & prepare to pass to the middle player again. Corner players continue around the grid to each cone, after receiving the pass. The middle player can either one touch the ball back or trap it first and then pass it back depending on the skill level.

Key Points: grid drill with more movement.

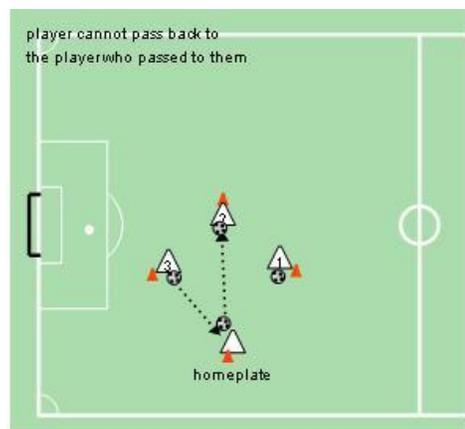
Drill Title: Grid drill-pass & find the open cone (1 Diagram)



3 players each on a cone. Players get a number from 1 to 3. #1 starts with the ball and passes to #2 and immediately runs to the empty cone. #2 passes to #3 and runs to the empty cone.

Key Points: grid drill, pass and move

Drill Title: Baseball Passing (1 Diagram)

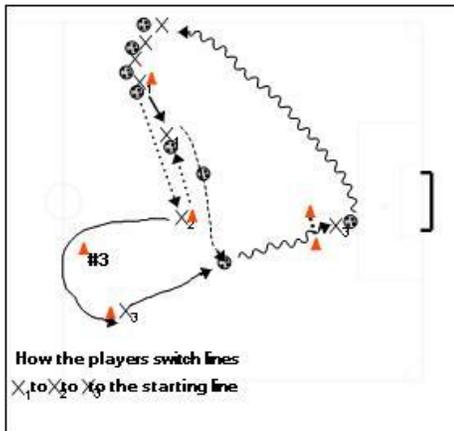


Home plate is the player working. They must pass to player that does not have the ball and cannot pass back to where the ball came from.

Balls start at 1st and 3rd base. Anyone on a base always passes to home plate only.

Key Points: Excellent passing drill that makes players think ahead.

Drill Title: 3 player combination (1 Diagram)



Player 1 starts with the ball and passed to player 2. Player #2 drops the ball back and runs around the cone & takes the place of player #3. At the same time player #3 runs forward and receives a pass from player 1 into space. Player #1 takes player #2 place. Player #3 dribbles the ball forward across the goal line and dribbles to starting line.

If you have more than 7 players add players to the lines with players 2 & 3.

Key Points: Fast moving combination drill. Numerous drills to progress off this one. Combo drill 2 & 3

Drill Title: outside support (1 Diagram)



2 teams with a player from each team on the end lines.

Interior players in the large grid work the ball down to try to complete a pass to their player on the end line.

If it is completed the player who passed it moves to the end line and the player who received it brings the ball out and joins the team going the other way.

Back and forth scrimmage. Endline players do not battle each other for the ball. They are targets.

Key Points: Moving the ball forward with the killer pass.

Drill Title: Overlap thru the legs (1 Diagram)



Line up on a line in groups of 3. Spread out about 2-3 yards apart. First player with ball dribble and puts the ball thru the middle players legs and passes to player #3. #3 passes to #2 while #1 is running passed #3. #2 dribbles and puts the ball through player #3 legs and passes to #2 and the sequence continues.

Version 2-same as above but instead of dribbling thru the legs dribble around the player. Set up the same way.

Key Points: Conditioning with touches on the ball. Go the length of the field to make it more difficult.