



2010 DRILLS



## Drill of the Week...

### **Ball Control Skills:**

*The basic drill can be varied by adding more players. Stand in a circle with a diameter of 8 to 15 yards (7 to 14 mtrs). The more players, the bigger the circle. Now pass to each other, moving the ball around in an octagon shape, clockwise. Switch to counter-clockwise.*

*Tip: Find ways off the field to build interest in the game you are coaching and tap into other skills your players possess. For example, you can send home weekly "scorecards" for the players. Make it fun. Word searches, hangman games. Use it to teach the jargon, pick a favorite player to report back on, or pick a team to follow.*

**Video drill for the week: Single/Double Cut -**  
<http://www.youtube.com/watch?v=zVKgen5ZRBI>