



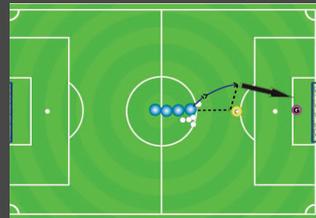
2010 DRILLS



Drill of the Week...

Pass and Run:

Practice accurate passing and control of a moving ball. Begin with pairs of two players. Moving off the ball is crucial in soccer. There's no point in having a team of good passers if there's never anyone free and able to receive the ball. This drill practices not just passing, but also running off the ball to receive a return.



Give-and-Go

Two players stand on the baseline of a grid. Player A runs off and Player B passes the ball into his path, then immediately sprints off himself. Player A stops to receive and control the ball, waits until Player B is in front of him, then passes the ball into his path. Then he sprints forward. When the players reach the end of the grid, they turn around and start again.

Tip: If your team is learning & trying new things, they will make a lot of mistakes. You must accept this fact & be tolerant of mistakes. If you aren't, you will discourage them from trying new things. Encourage them to try new things & encourage the effort even if it doesn't work. Examples: "Great try. Keep it up." or "Good idea; try it again."

Video drill for the week: The First Touch –
<http://www.youtube.com/watch?v=vfEHni8GE2k>