



2010 DRILLS



Drill of the Week...

Circuit Drill

Simple Circuit Drill:

The drill outlined above is a Circuit Drill. Note: Distance between obstacles is based on the age and ability of the players.



Description: Each player has a soccer ball. Players dribble around the obstacle as shown, first using right foot and then switching to left foot.

Coach Observation: Movement of the player, coordination/speed/agility. Use both feet.

Note: Add a net so players can shoot after going thru obstacles.

Tip: Have every player touching the ball as much as possible.

Video drill for the week: Frozen Hand Shake - <http://www.youtube.com/watch?v=LEMZ9Qlvfvo>