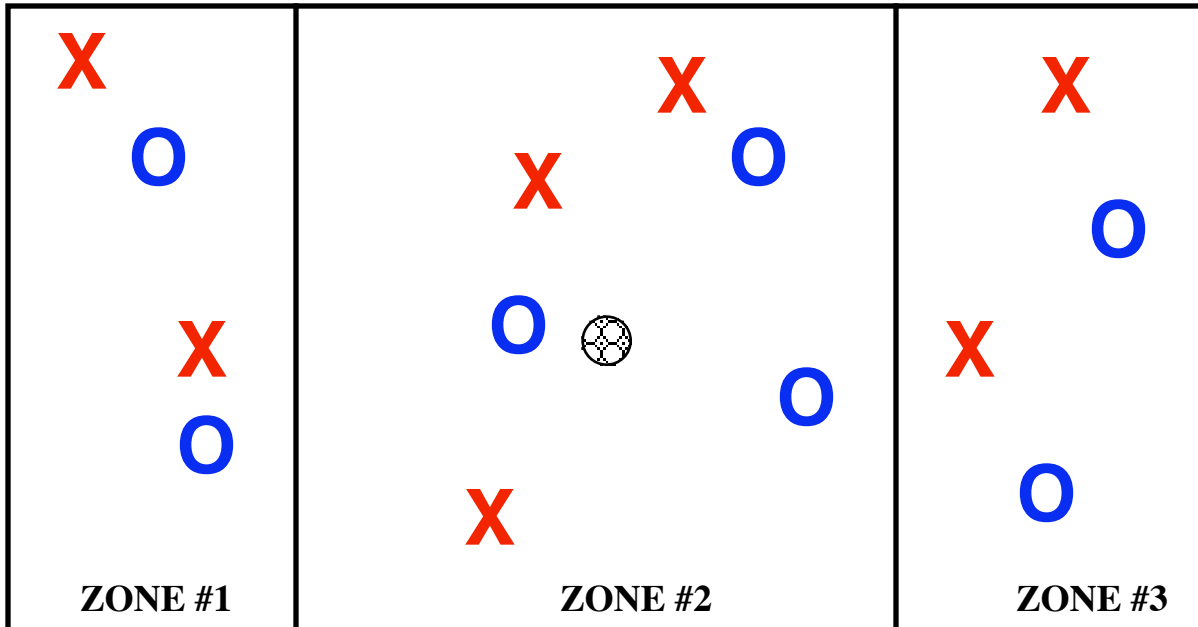


"LINKING UP"

This drill is designed to teach players how to link defenders to midfielders to forwards



GRID SIZE: 60 x 44 yds. divided into 3 zones. End Zones: 18x44; Middle Zone is 24 x 44

PLAYERS: Two (2) teams of seven (7)

DRILL

> Game Warmup: 7v7 Keepaway inside middle zone

- Coaching Point: work on movement, ball control in a tight space

> Progression: 7v7 Keepaway inside Middle Zone and one of the End Zones

- Coaching Point: add touch restrictions (3-, 2-, 1-touch) to work on speed of play

> The Game: Teams play 2v2 (Zone #1) + 3v3 (Zone #2) + 2v2 (Zone #3)

- Object is to move the ball from Zone #1 through Zone #2 into Zone #3 or from Zone #3 through Zone #2 into Zone #1
- Teams score points by passing the ball through the zones
 - Game Examples
 - < if Blue Team "O" passes ball from Zone #1 into Zone #2 but ball is intercepted by Red Team "X", Red Team "X" can pass ball into either of End Zones (1 or 3)
 - < so anytime ball is intercepted or tackled away in Zone #2, that team can pass ball into either End Zone
 - < teams can bypass Middle Zone (pass ball from End Zone to End Zone); however if ball is intercepted, that team is awarded a point (works on decision making)