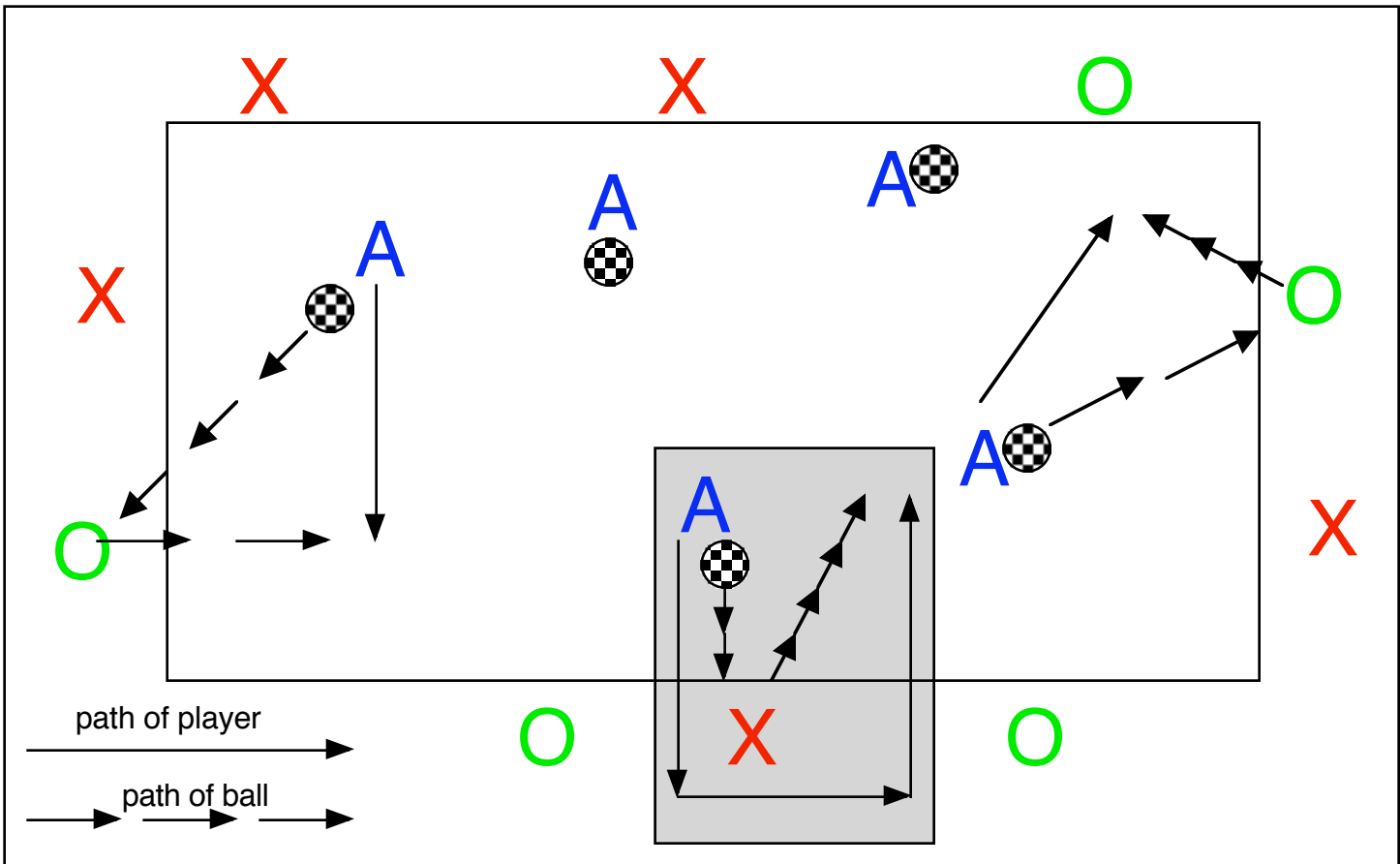


TECHNICAL DRILL
"Technique Grid"



NUMBER OF PLAYERS: Entire squad, divided into three (3) teams of four (4) or five (5)
GRID SIZE: 40 yards x 30 yards or 30 yards x 20 yards, depending on age and level of players
DRILL SETUP: One (1) team inside grid, each player with a ball
 Two (2) other teams spread outside grid
DRILL START: In example above, Team "A" is inside grid. Each Team "A" player dribbles around inside the grid and passes to an outside player who returns the ball.
 Drill #1: Outside players are restricted to 2-touch
 Drill #2: Outside players are restricted to 1-touch
 Drill #3: Overlaps (see shaded area above_
 Team "A" player passes to Team "X" player who holds ball while Team "A" player runs around -- overlapping -- Team "X" player
 Team "A" player calls for ball on overlap and gets lead pass from Team "X" player
DRILL LENGTH: Each team performs inside grid for one (1) to two (2) minutes

COACHING POINTS:

- > Dribbling
- > Passing & Receiving
- > Movement to ball