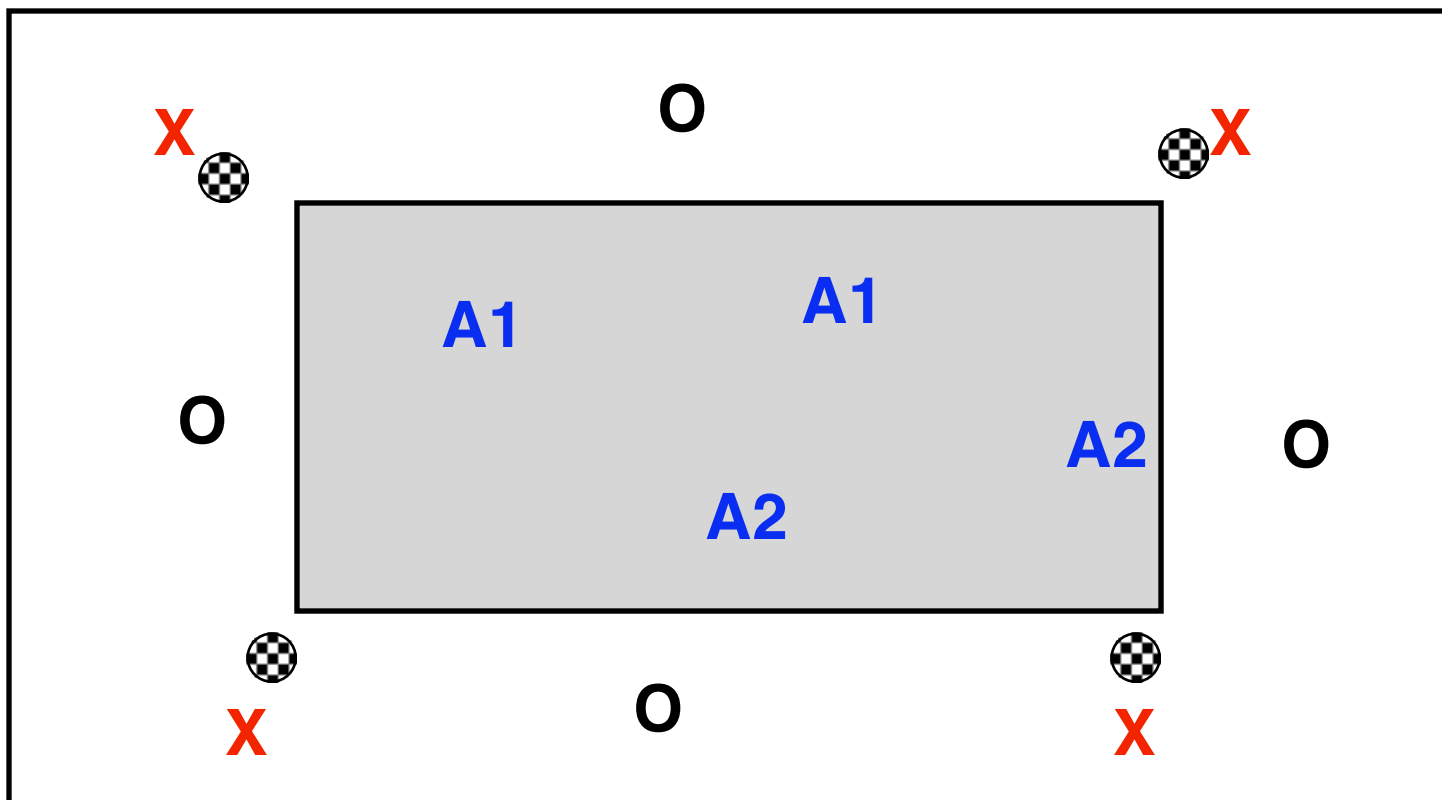


**TECHNICAL DRILL:
“Technique Grid: 3-Team Progression”**

Individual Play to Pairs Play: 2v0 to 1v1 to 2v2 to 3v1



NUMBER OF PLAYERS: Three (3) groups of three (3), four (4) or five (5)

DRILL SETUP: A big grid (can be 18-yard box or larger depending on level of players)

DRILL: Team Blue “A” is inside grid, Teams Red “X” and Black “O” are outside grid. Four outside players have a ball. Team Blue “A” divides into pairs -- A1s and A2s. The pairs work together. One of the players in each pair runs to an outside player with a ball and calls for a pass. Once receiving the pass, the player now looks for his/her partner. After passing to the partner, this player now turns and tries to find an outside player who doesn’t have a ball and passes to that player. This same player now runs to another outside player and calls for a pass and then looks for his or her partner and play continues.

PROGRESSION #1: Partners inside grid play 1-touch upon receiving ball from outside player with first player now returning ball to outside. Partners then switch roles.

PROGRESSION #2: Partners now go 1v1 inside grid with each player taking turns as Attacker and Defender.

PROGRESSION #3: Partners pair up and go 2v2 with each pair taking turns as Attackers and Defenders.

PROGRESSION #4: Each player inside grid takes turns defending in a 3v1 situation.