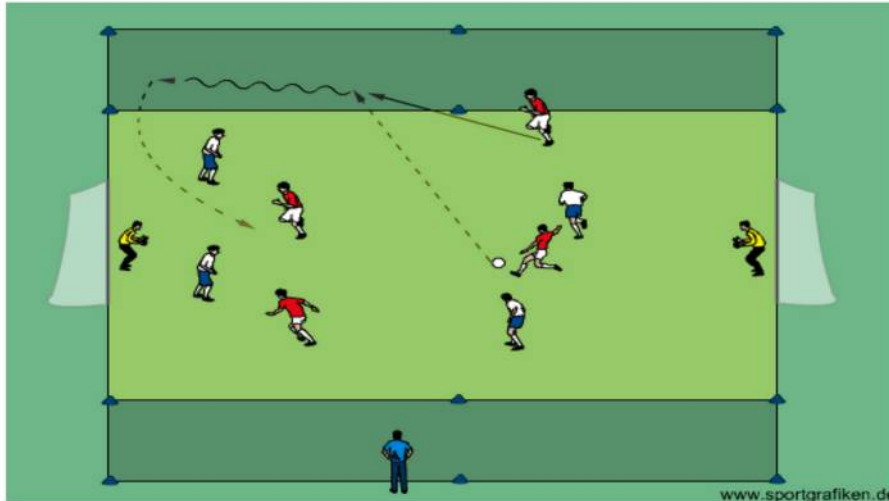


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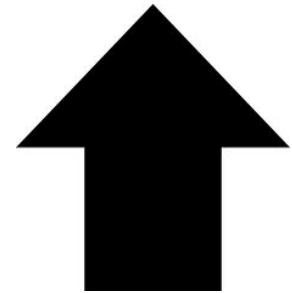
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Drill Title: Channel Players # 5
Age Group (8-11yrs) (12-15yrs) (16-Adult)
Number of Players 10+
Difficulty Medium-Hard
Time 20-25 min.
Emphasis: possession, passing, attacking, defending

Field Preparation
· 2 teams
· grid (30yds x 50yds)
· channel area (6yds x 50yds)
· 2 goals with goalies
· good supply of balls for continuous play



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Description

- play 4v4
- players have a maximum of three touches in the middle zone
- unlimited touches in the channel areas
- goals count only if the final pass comes from inside the channel

Variation

- limited number of touches for players inside channel area
- player inside a channel cannot be challenged
- adjust spacing depending on the age and ability of the group

Coaching Points

- quality of preparation touch
- aggressive and positive mentality
- vision and anticipation
- placement versus power
- positioning to gain an advantage
- accurate passing
- constant movement
- communication is vital
- good angle and distance of support to receive ball

FIND OUT MORE ABOUT OUR PARTNER PROGRAM BY CLICKING ON THE BANNER BELOW

A promotional banner for 'Top Soccer' training DVDs. On the left is the 'TT SOCCER .COM' logo. In the center are three images: a player in a white jersey heading a ball, two players in red and white jerseys competing for a ball, and a DVD case for 'TT SOCCER'. To the right of the DVD case is the text: '5 DVDs 10 Hours of Training Coaches - Parents - Players Free Word Wide Shipping Just Released'. On the far right is a small image of a soccer game with a 'PREVIEW NOW' button below it.