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Drill Title: Steady Wing Players

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Number of Players: 8+

Difficulty: Medium

Time: 15-25 min.

Emphasis: dribbling, passing, attacking, defending

Field Preparation:

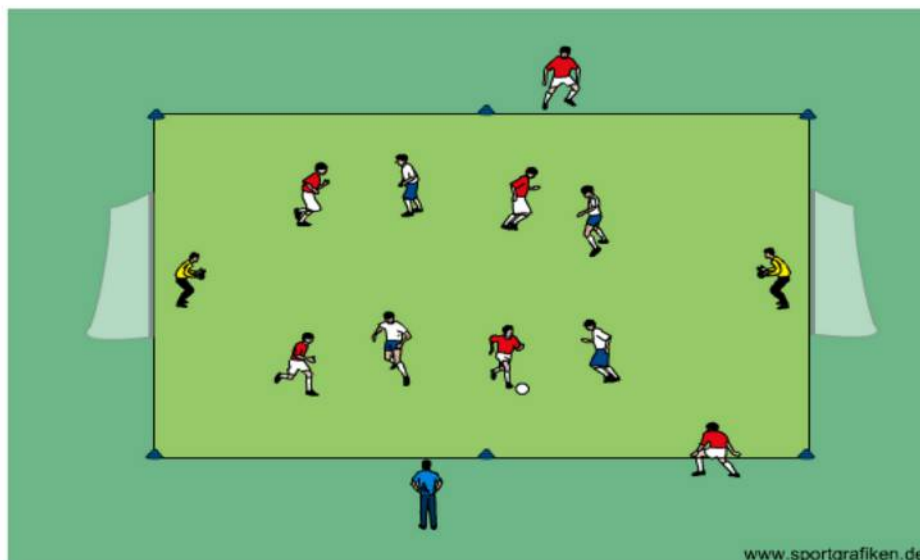
2 teams

grid (40yds x 50yds)

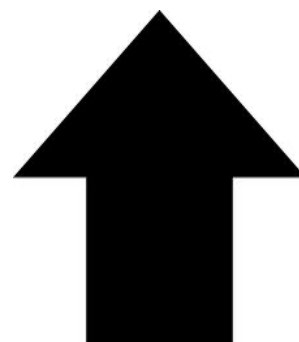
cones to mark off area

2 goals

pinnies



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## Description:

each team defends and attacks one goal

one team has two neutral players on the side line as shown

neutrals on the side line help the team that has possession

neutrals cannot be challenged unless they dribble into the grid

neutrals must return to their side line after a shot on goal or if the team in possession loses the ball

switch roles 5-10 minutes

## Variation:

maximum of three (two) touches for neutrals

adjust spacing depending on the age and ability of the group if necessary

## Coaching Points:

### Attacking:

switch point of attack

attack open space

change of direction and speed

deception

set up defender

quick finish

decision making

verbal and visual communication

### Defending:

angle and speed of approach

body shape, balance, and foot positioning

control and restraint

delay and channel

deny turn

timing and decision to tackle



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