

4 v 1 One Touch Passing

I use this drill to force my players to see the field. In one touch passing players have to see the field because they will only have one chance to get that pass off. They must pay attention to know where their intended target is before the ball arrives. You quickly identify players who have good field vision.

This is based around quick passes it becomes obvious who will need additional coaching on their push passes. The ball should be delivered on the ground and to the foot away from the defender. If you have players delivering the ball in the air you should stop play and show them a proper push pass.

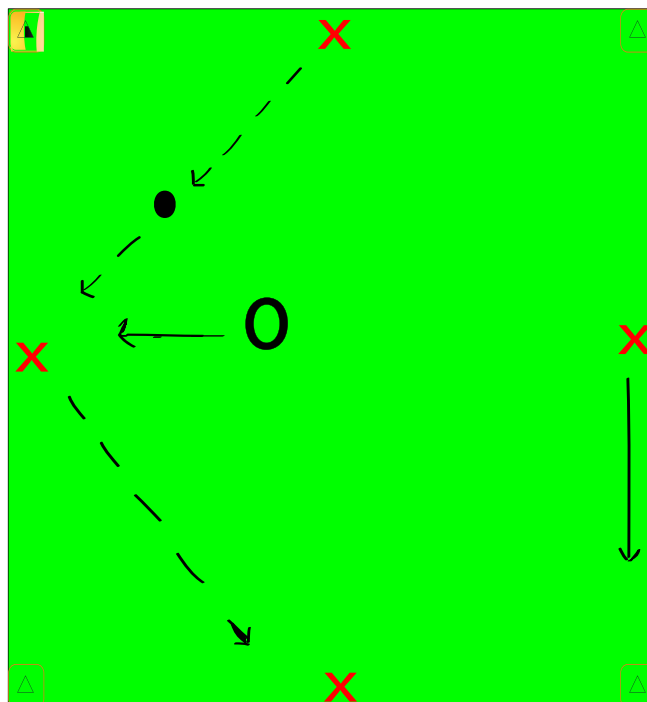
Players should be moving between the cones along the grid. They should be moving to open space to give their teammate a good pass. If players are standing still play should be stopped and you should coach them on moving around. Show them that passes cannot be made through a defender. Another mistake young players make is they call for the ball when they are not open. Praise them when they call for it correctly and correct them when they call for it and the defender is in the way.

Theoretically the defender should never touch the ball. But to maximize their chances they should approach the ball handler at an angle directing the flow of play. See Fig 2.

Grid: 5-7 yards by 5-7 yards

Play:

1. 4 players play keep-a-way from the defender.
2. Players must pass the ball with one touch.
3. If an offensive player loses possession you can have that player or all offensive players do a soccer activity like toe taps or juggles.
4. Play for 5 minutes then rotate defender.



Defense

This drill is very challenging not to mention tiring on a defender. But a smart defender to maximize their chances on stealing a ball by applying some good defensive tactics.

Here we see a pass was made from X1 to X2. The defender approaches X2 straight on giving X2 both offensive players to pass to, X1 or X3

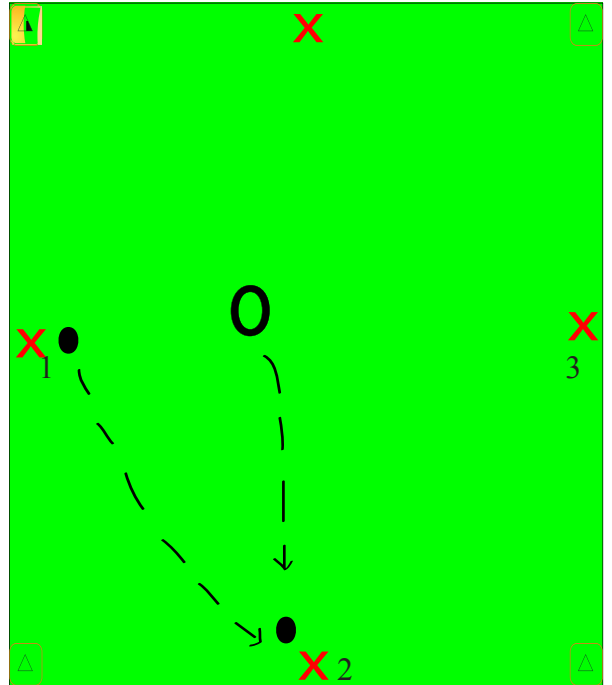


Fig 2

Here we see the defender came in at an angle limiting the Offensive players options. The only option X2 has would be X3. Our defender knows this and sprints to X3 again coming in at an angle limiting play. The defender may not win the ball but they will cut down the field of play.

