



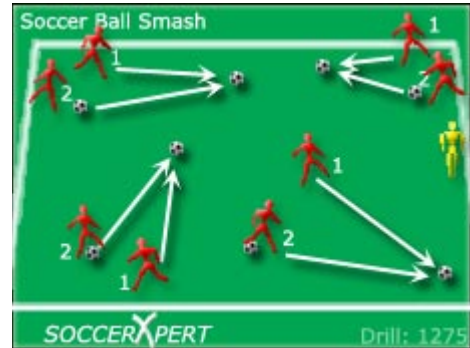
Soccer Ball Smash

Drill Info:

This soccer drill will focus on the player who is just learning to pass, as this drill will focus on passing accuracy. Run this soccer drill with at least 6 players but no more than 18. This soccer drill should last approximately 15 minutes on a 1/2 field.

Setup:

Set up a large grid approximately 40X50 yards. Pair up each of the players and make sure each player has a ball. The two partners should stand near to each other inside the grid but spread away from other groups of players when starting this drill.



Instructions:

Instruct player 1 to pass his ball forward. After Player 1's ball stops moving, player 2 then passes their ball at player 1's ball in attempt to hit player 1's ball. If player 2 misses, then player 1 tries to hit player 2's ball from where it landed previously. Each time a player hits their opponents ball, they collect a point. The first player to 5 wins that match.

Variations:

- Alternate the groups and repeat.
- Limit players to passing with certain parts of the foot: inside, outside, instep

Coaching Points:

- Make sure the players are striking the ball with the correct surface of the foot.
- make sure the weight of the pass is good
- watch the plant foot to make sure it is pointing to it's target.

Focus:

Technical Passing

“CREATING SMILES FOR TODAY, ATHLETES FOR TOMORROW AND KNOWLEDGE OF THE GAME FOR A LIFETIME.”

