



Drill Library

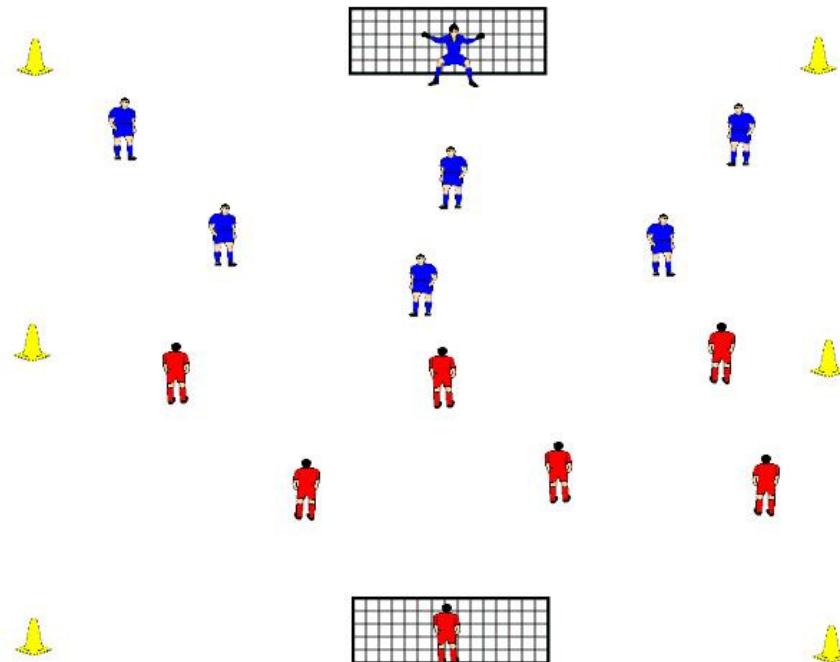


Drill Name: 6 v 6 + 2 GK Possession

Topic: Possession and using goal keeper in building up from the back

Exercise Purpose: Possession and improving goal keeper using his/her feet.

Diagram:



Description: 6 players pass the ball. After every 3 successful passes a defender enters the field. Once the defenders win the ball, the game commences in the other area.

Progressions: Defending team can score if they win the ball. Game starts in other area after attack

Coaching Points: Angles of support, First touch (direction and speed), Mobility, Use the goal keeper.