



SKILL

Teamwork.

SET UP

45 x 30 yard grid (smaller for younger players). Make a square 5 x 5 yards and place 3 soccer balls within the grid.

HOW TO

Separate into 2 teams. Teams are safe on their own side. Once they cross the center line, the other team may tag them and the tagged player must return to his/her side before getting on attack again. Once players get inside the square with the ball, they are safe. They then must dribble/pass the ball to the designated side and place the ball within own team's small square with the other balls.

COACHING POINT

Work as a team and have a defensive and offensive plan.