



Drill Name: 4 v 4 Knockoff

Set up :

Create a 35x35 yard grid. Two teams of 4-6 players are positioned inside the playing area. Randomly place 5-7 cones inside the grid. Place extra balls around the perimeter of the grid.

Instructions:

Both teams attempt to maintain possession and knock over the cones while doing so. The opposing team tries to deny possession and protects the cones. The team that knocks over the most cones wins the game.

Progression:

1. Limit the number of touches.
2. Decrease the size of the grid.

Coaching Points:

- Create supporting angles.
- Use the inside of the foot to pass accurately.
- Look to combine and play the way you face.