

Free Soccer Drills

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Setup

Set up a field that is 20X20 yards. Four players should be in each of the corners with the remaining two players in the middle of the grid. One of the two players are working while the other person rests with their hands on their knees. Two balls are used and the ball starts in opposite corners.

Instructions

Player 1 passes the ball towards the player resting, the working player jumps over the player resting and receives the ball and knocks it to the player to his right. As soon as the working players plays the ball back, the player on the other side of the grid plays a ball towards the resting player and the working player jumps him again, receives the ball and passes to the player on his right. The play continues in this manner. Each player should work for 60 seconds. Rotate all players.

Variations

- Play 1 or 2 touch
- Use inside and outside of foot
- Move close and serve with their hands for volleys

Coaching Points

- Good first touch
- Good work rate along with accurate passes