

Play Through the Lines Game



Exercise Objectives:

This exercise is designed to encourage players to pass the ball “through the lines”.

Coaching Pointers:

Place 4 v 1 in each grid and a receiving player in the central zone (as in diagram above). The receiving player is restricted to the zone. The practice begins with the coach playing a ball into one of the grids. The team with the ball has to make 5 passes, then penetrate by passing the ball to the zone player to switch the ball to the opposite grid. It is then repeated from the opposite side. Progress by reducing the number of passes before switching the ball, this way the tempo increases. Play “two touch”, then progress to “one touch”.

Focus On:

Penetration is a key component in passing.
Play through or down the channels.
Be aware of body shape when receiving the ball.

Field Preparation:

Area approximately 10 yards x 30 yards.
Balls, bibs and cones.

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