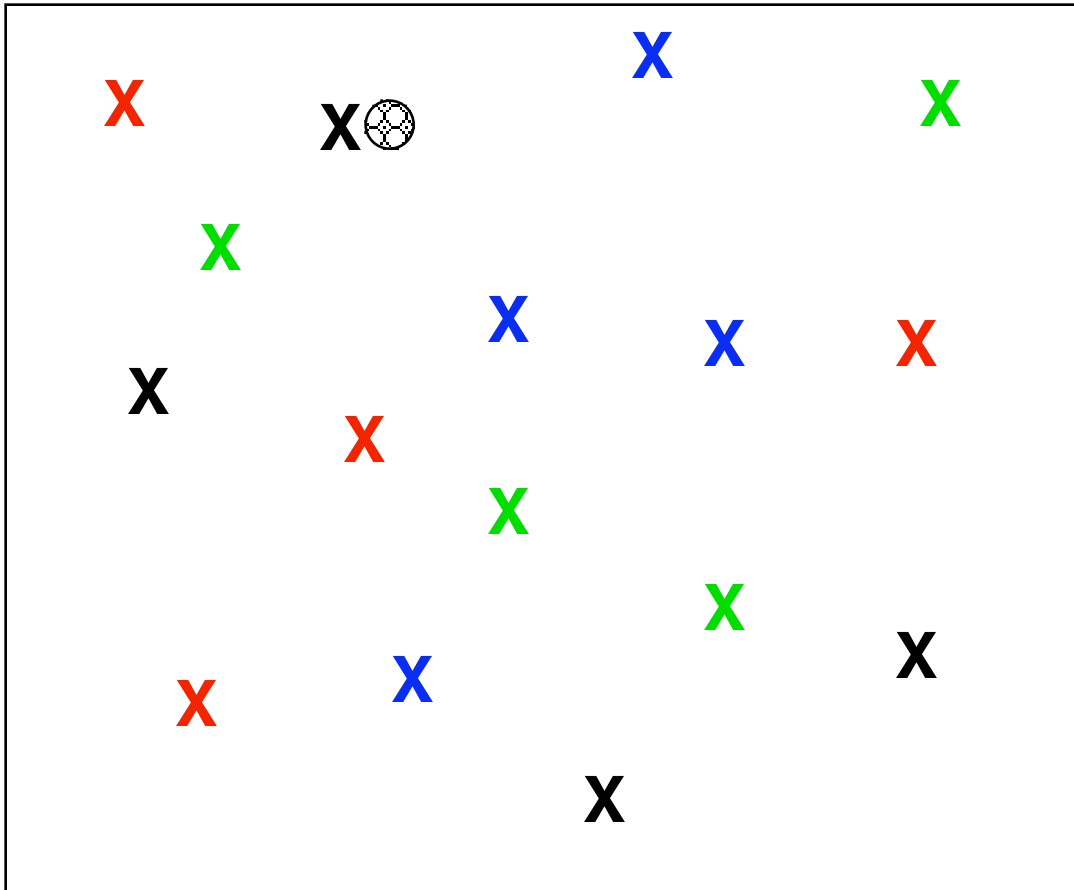


"4 TEAM -- 4v8+4"

This drill is designed to teach passing, receiving, and decision making



GRID SIZE: 40 yards x 40 yards

NUMBER OF PLAYERS: 16 -- four (4) teams of four (4), each team with colored pinnie (example above -- teams of Blue, Red, Green and Black)

DRILL:

- > one (1) team serves as the defending team (example, above Green Team "X" vs. the three (3) other teams -- Red, Blue, Black)
- > the three (3) teams play "Keepaway" from defending team with one (1) restriction --
 - PLAYERS CANNOT PASS BALL TO A TEAMMATE
 - < example above -- Black "X" player cannot pass ball to another Black "X" player; instead, he or she must pass ball to a player in Red or Blue
- > go for a time limit (3-5 minutes) until all teams serve as defenders
- > if defending team gains possession, they play 4v12 keepaway