

"CHOREOGRAPH"

GRID SETUP:

- > One large square grid at 20x20 yards with a smaller square grid at 5x5 yards in the middle
- > Four more cones are placed 5 yards behind the 4 main corner cones

NUMBER OF PLAYERS:

- > 12-16 (at least 3 players at each of the four corner of the big grid)

EXERCISE #1 (Warmup)

- > Players X1, X2, X3 & X4 dribble to the middle grid cone diagonally opposite their starting cone. Once at the cone, they leave their ball and move to their left and collect a ball

Example: X1 would collect ball left by X2, X2 would collect X3's ball, X4 gets X1's ball.

After collecting ball, players take one touch and pass to next player in line.

Example: X1 to X6, X2--X7, X3--X8, X4--X5.

- **Coaching Point:** X5, X6, X7, X8 should all start at far cone and "show" for the ball

NOTE: Players always follow their pass

EXERCISE #2 (Diagonal Run)

- > Start is same as in Exercise #1 with X1, X2, X3 and X4 all starting with a ball. And, as in the first exercise, they all dribble diagonally toward the middle grid and leave their ball at the cone.

- > But now instead of moving to their left, players move diagonally across grid

Example: X1 collects X3's ball, X2 collects X4's ball, X3 gets X1's ball and X4 gets X2's ball

- > Players again pass ball to next player in line after collecting and taking one touch

Example: X1 to X7, X2 to X8, X3 to X5, X4 to X6

EXERCISE #3 (Wall Pass)

- > Start is same as above with first players in line dribbling diagonally to middle grid, leaving ball, and moving diagonally across middle grid.

- > After collecting ball, taking a touch and passing to next player in line, they continue run, receive ball back from that player and one-touch it back

Example: X1 collects X3's ball, takes a touch, passes to X7, X7 passes back to X1 who 1-touches it back to X7

EXERCISE #4 (Away Touch & Pass)

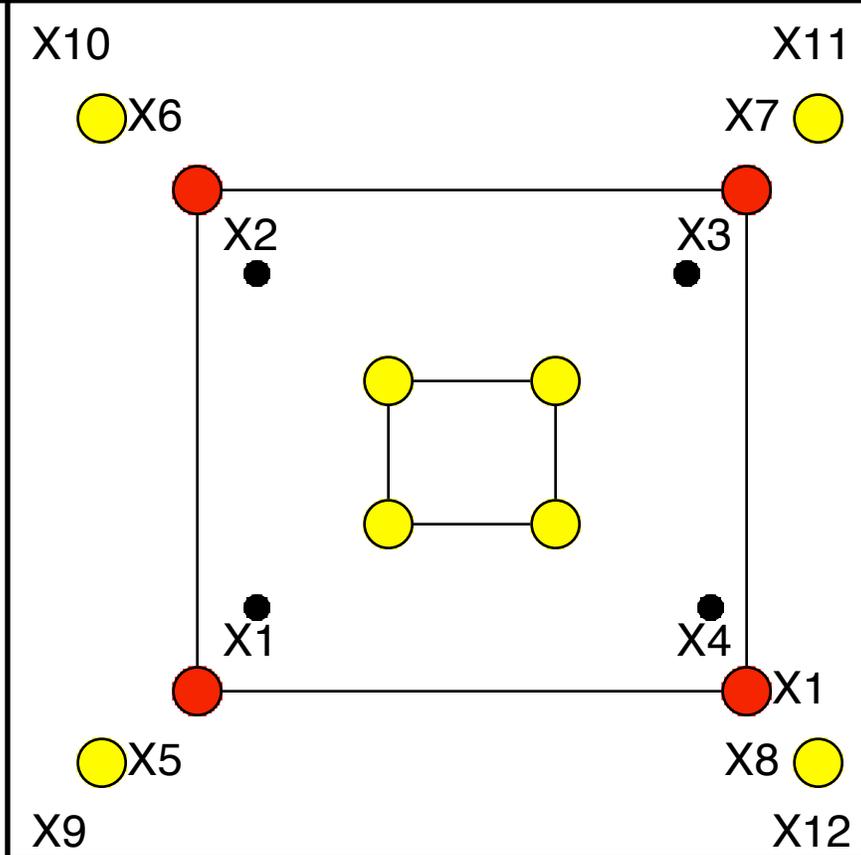
- > X1, X2, X3 and X4 now start inside the center grid, facing X5, X6, X7 & X8 respectively

- > X5, X6, X7 and X8 now start with the ball

- > X5 passes to X1, X6 to X2, X7 to X3 and X8 to X4

- > X1, X2, X3 and X4 all take an "away" touch (using the outside of their right foot), turning the ball to their right, dribble to their right and pass to the next player in the other line

Example: X1 passes to X10, X2 to X11, X3 to X12 and X4 to X9. To keep the drill moving continuously, X5, X6, X7 and X8 follow their passes and move into the middle grid



TACTICAL PROGRESSION

- > Make 2 teams, remove center grid and play 2v2 inside grid with support players around the outside of the grid