

*The following drill can be used as a pre-practice or pre-game warmup drill and can also be used as part of a “soccer-specific” fitness session*

**GRID SIZE:** Depends on number of players but should be big

**PLAYERS:** Divide team into 3 groups of 4-6 players each, one ball per group

### DRILL PROGRESSION:

#### > PHASE #1

1. All players pass and move around grid, passing to any other player
2. Progress: Players must receive ball with an “Away” Touch --
  - receive the ball with the outside of either foot, and push ball “away” to side as if avoiding on oncoming defender
3. Progress: Players must now receive ball, stop it with sole of foot, pull it back and take a few dribbles in the opposite direction from where they were facing when first receiving the ball
4. Progress: Players pass and receive with a 3-Touch restriction
5. Progress: Players pass and receive with a 2-Touch restriction
6. Progress: Players pass and receive with a 1-Touch restriction

#### > PHASE #2

1. Players must now pass to a player from another group/team
2. Use same progressions as above

#### > PHASE #3

1. “Numbers-Up Keepaway”
  - One team serves as the defending team against the other two
  - When defending team intercepts ball, they play “Numbers-Down” keepaway
  - Each serves as defending team for a certain amount of time
2. “Numbers-Up Keepaway” with restrictions
  - “Numbers-Up” teams on the attack are restricted to 3-, 2-, 1-Touch
  - Defending team has no touch restrictions
3. “Numbers-Up Keepaway” with goals
  - place four cone goals, one on each sideline
  - Defending team attempts to score on goals