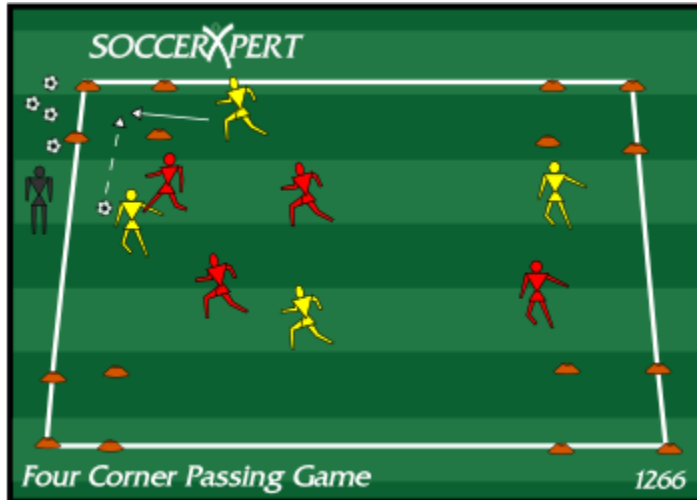




MVSC COACHES CORNER

FOUR CORNERS PASSING



Drill Setup

1. In a 40X40 yard area, create four grids that are about 5x5 yards in each corner of the larger grid.
2. Split the group into two teams and put one team in an alternate color.

Drill Instructions

1. While each team is in possession of the ball, this team should pass among their teammates to keep possession.
2. A point is scored by passing the ball to a teammate that is inside one of the smaller corner grids.
3. The teams can score in any of the corners. However, they cannot score in the same area twice in a row.

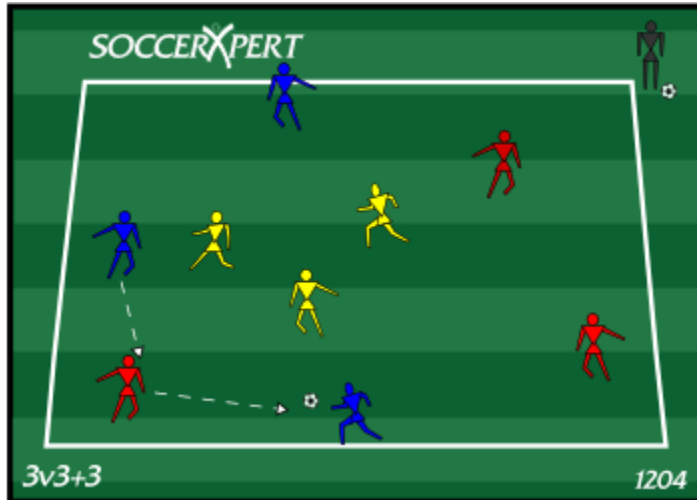
Coaching Points

1. Make sure players are supporting the play.
2. Make sure timing of the runs and timing of the pass are in sync.
3. Make sure passes are not forced.



MVSC COACHES CORNER

3 VS 3 Plus 3



Drill Setup

1. Start with building a 20x20 grid.
2. Create 3 teams of 3.
3. Each team should be a different color (one team yellow, red, and white).

Drill Instructions

1. Instruct the yellow team to be defense first.
2. The other two groups, red and white, are responsible for keeping possession among the 2 groups.
3. If the defending team (yellow) wins the ball, the team who made a mistake becomes the defending team. For Example, if red has a bad first touch into the defender (yellow), then the red team would become defense, and the yellow and white teams keep possession from the red team.
4. Any ball played out of the grid is considered a loss of possession by that group, and that group should become defense.

Coaching Points

1. Good first touch is crucial.
2. Teams with possession should open the field up.
3. Defense should close off the passing lanes.