

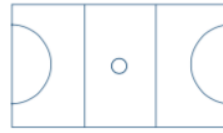
DURATION

10
MINUTES

EQUIPMENT



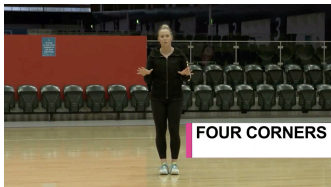
LOCATION



GROUP SIZE

7-12

See weekly session pdf for full 1 hour session.



PHASE 1:

- Set up 4 even lines in the corners of the centre third
- 2 balls will be needed- Balls to start on opposite lines
- Players at the front of the lines with no balls will run through the square and receive the ball from their right and pass onto the direct opposite line
- Repeat with the other line running through the square and then change to receive from their left hand side.

PHASE 2:

- Now you will add the Do-Si-Di where the players will run in with the opposite player and inside turn on the right shoulder and receive ball and pass back to the line you started at.
- Repeat on left side.

PHASE 3:

- Move the corners in slightly and start phase 1 again however, add in a high ball as opposed to a chest pass- Repeat on other side.
- Keep the lines close and add a quick chest pass instead of the high ball- Repeat on other side.

Note:

- Both lines should run into the middle at the same time to keep the drill moving.

TIPS

- This is a great drill for getting your player to chat to each other.
- It is also a great drill for timing and placement of the ball

MAKE IT EASIER

- Slow down the drill
- Don't throw the ball too out in front of player, just to their chest

MAKE IT HARDER

- Ask your players to test how far they can place the ball out in front.
- Test your player to see if they can pass 20 balls of each phase without dropping the ball, If they drop the ball they start again.