



Four Corners Aggressiveness and Fitness Drill

soccer fitness drill, soccer aggressiveness, soccer fitness, winning 50/50 balls

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Drill Objective:

This soccer drill focuses on aggressiveness in winning 50/50 balls and fitness. This drill will be more beneficial for players under 8 and older.

Drill Setup:

Create a grid that is 30x30 yards. Create 4 teams and have them stand at each of the four corner cones. The coach stands outside the grid near the middle of 2 side cones with a large supply of soccer balls.



Drill Instructions:

The coach plays a ball into the center of the grid and shouts out a command (such as "GO") to begin play. The first player in each of the 4 lines must sprint after the ball in attempt to reach the ball first. Once the ball is won cleanly, the player must hold possession from the other players for 5 seconds before passing the ball back to the coach. If any player steals the ball from the person in possession, that player will then attempt to hold possession for 5 seconds. A team scores a point by successfully holding possession for 5 seconds and making a return pass to the coach. The first team to reach 5 points wins.

Drill Coaching Points:

- Players should be taught to go after the ball aggressively with speed, determination and vigor.

Drill Variations

- The coach can play different types of balls such as flighted balls, bouncing balls, rolling balls, balls with large amounts of top or back spin.

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