

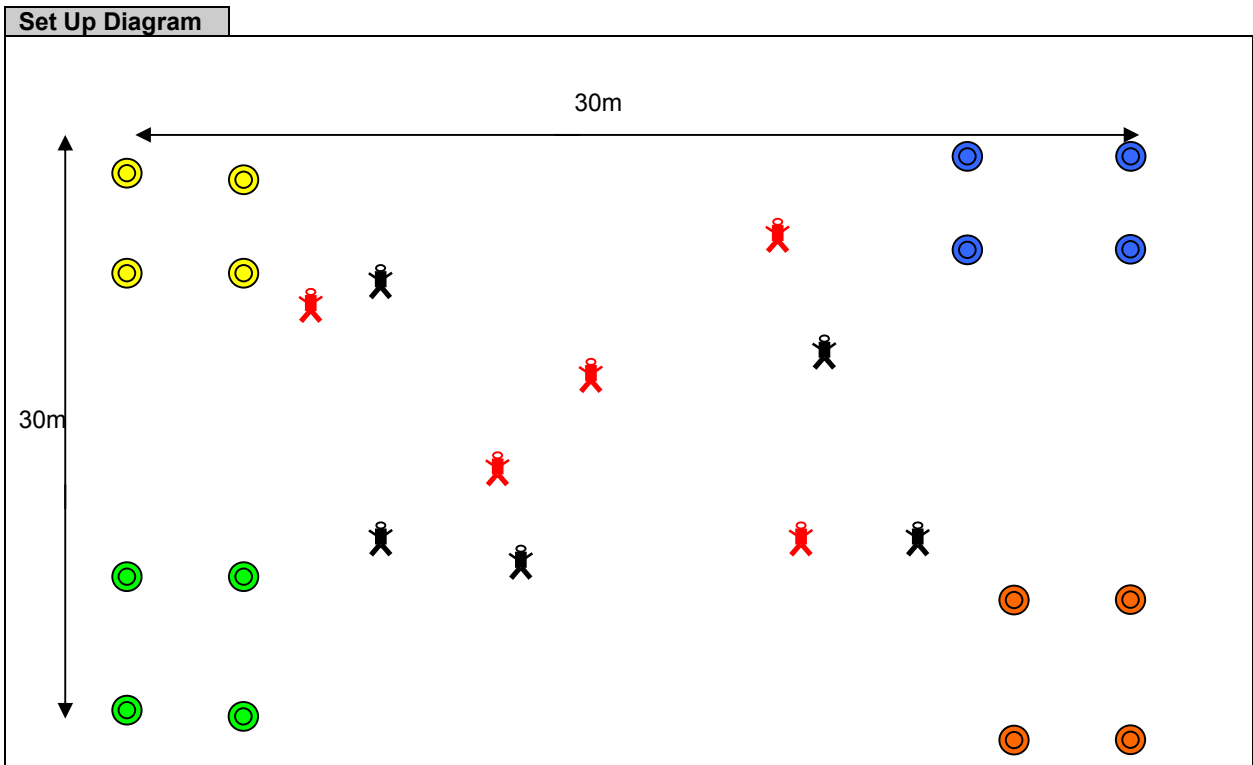


Drill No.	Any Direction touch	Date	June 2006
------------------	---------------------	-------------	-----------

Objective	Spatial Awareness, passing, communication, decision making, Evasion.
------------------	--

Equipment		Drill Requirements	
Balls	1/2	Area	30x30 grid
Cones	16	Players	All
Shield	N/A	Time	
Bags	N/A		
Suits	N/A		
Bibs	N/A		

Drill Description
<ul style="list-style-type: none"> • Run and pass in any direction • Scoring team keeps the ball and has to score at the other end of the pitch • Play until a mistake is made or 5 touch turn over. 1 second to pass after touch is made. • Modify game/play 1 touch turnover depending on ability. • 4 scoring areas – Only one player allowed in any at one time. • No player can just stand in a scoring area (5 second limit)



Key Coaching Points
<ul style="list-style-type: none"> • Spatial awareness with and without possession • Pressurise the ball carrier to force mistakes • Short fast accurate passes • Communication skills • Evasion skills and footwork

Relevance to the game
<p>An excellent game for spatial awareness. It encourages lots of quick accurate passes to move defenders around. An ideal warm up game and good for players new to the game.</p>