Skill Zone

Organization

- This activity works on developing the player's skill moves.

- The **RED** team is competing against the **BLUE** team. The players are alternated around the middle grid.

- Beginning just before the starting position, the player with the ball will dribble towards the mini grid, once inside, they will look to perform a skill move (scissors, v-cut, step over, pullback, etc).

- After the skill move is complete, the players on the ball will look to pass the ball to one of their teammates on the outside of the grid.

- The first team to compete 20 actions through the middle grid will win the game.

Set up

Total Duration = 15 minutes

- Total Grid Size = 25 yards Width x 25 yards Length, with a mini 5 yard x 5 yard grid in the middle.

- Number of Players = 12 — 16 players split into 2 groups

- Number of Soccer Balls = 1 ball per group

- Number of Goals = 0 goals

Coaching Points

⇒ Keep the ball close

⇒ Head Up

⇒ Accelerate after the skill move

Progressions

⇒ Add a defender from each team to stop or delay the other team from reaching their goal.