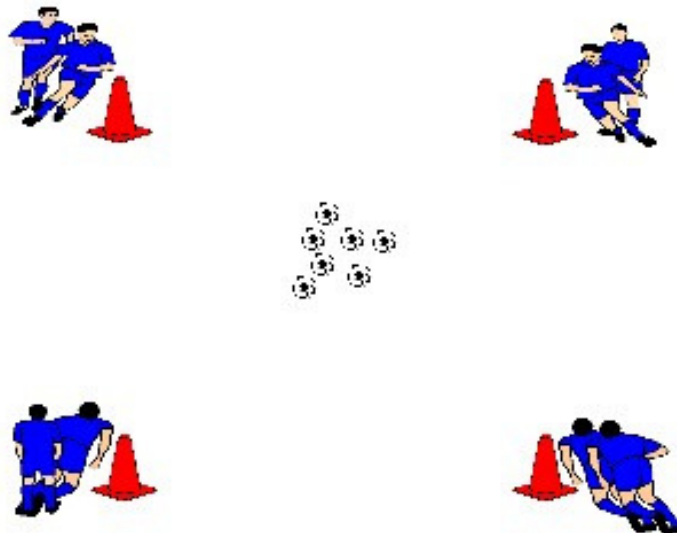


Drill Name: Rob The Nest

Age Group: U10/11

Objectives: This fun drill is designed to improve players speed in a competitive game environment.

Diagram:



Description: Players are split into 4 even teams and compete to gather the most balls. Players take the balls from the middle or other team's "Nest" and the first team with 3 balls is the winner. Only one player is allowed to be running at a time and players can not guard their nest.

Progressions: Increase the size of the area or decrease the number of balls to increase the challenge.

Coaching Points: Encourage players to accelerate once they have collected a ball and provide instruction to team mates in the game.