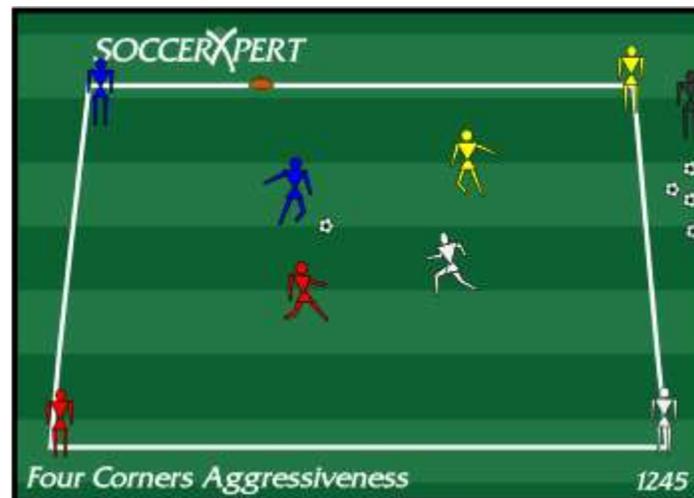


Four Corners Aggressiveness and Fitness Drill

Chris Johnson 373,371 Views Rating 4.11 (135 Reviews)

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.



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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

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

Drill Instructions

1. The coach plays a ball into the center of the grid and shouts out a command (such as "GO") to begin play.
2. The first player in each of the 4 lines must sprint after the ball in an attempt to reach the ball first.
3. Once a player wins the ball cleanly, the player must hold possession from the other players for 5 seconds before passing the ball back to the coach.
4. If any player steals the ball from the person in possession, that player then attempts to hold possession for 5 seconds.

5. A team scores a point by successfully holding possession for 5 seconds and making a return pass to the coach.
6. The first team to reach 5 points wins.

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.

Drill Coaching Points

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

Equipment

- **Disc Cones - Mini or Full-Size Disc Cones** are a critical piece of equipment that every soccer coach must have in your equipment bag.
- **Scrimmage Pinnies/Vests** - Scrimmage vests, also called bibs or pinnies, are also another must-have in your soccer coaching equipment bag.
- **Soccer Practice or Training Balls** - Every player should have a soccer balls at practice to have a successful training session.

Drill Ages

- 4 - U4, Under 4, 4 and Under
- 5 - U5, Under 5, 5 and Under
- 6 - U6, Under 6, 6 and Under
- 7 - U7, Under 7, 7 and Under
- 8 - U8, Under 8, 8 and Under
- 9 - U9, Under 9, 9 and Under
- 10 - U10, Under 10, 10 and Under
- 11 - U11, Under 11, 11 and Under
- 12 - U12, Under 12, 12 and Under
- 13 - U13, Under 13, 13 and Under
- 14 - U14, Under 14, 14 and Under
- 15 - U15, Under 15, 15 and Under
- 16 - U16, Under 16, 16 and Under

Soccer Drill Skill Focus

- **Dribbling - Soccer Dribbling Drills**
- **Receiving - Soccer Receiving & Turning Drills**
- **Fitness - Soccer Fitness Drills**

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