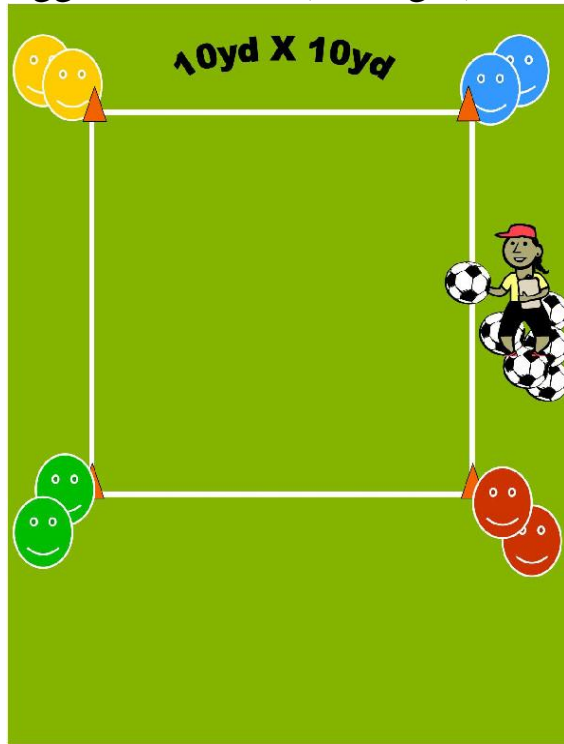


## Aggression Drill (All Ages)



The coach should play balls into the grid one at a time. One player from each corner simultaneously tries to win the ball and get it back to their corner.

### Variation:

1. Have players focus on dribbling the ball back to the corner in order to emphasize protection of the ball
2. Have players pass the ball back to their partner in order to emphasize quick movement of the ball for possession purposes.

Focus: Players should focus on anticipating where the ball is heading and how to position their body to win and keep the ball. If emphasis is placed on dribbling the ball back, players should look to keep the ball close to them but change their speed at the appropriate moment in order to break free from the group. If passing is being emphasized, players should focus on making sharp crisp passes.