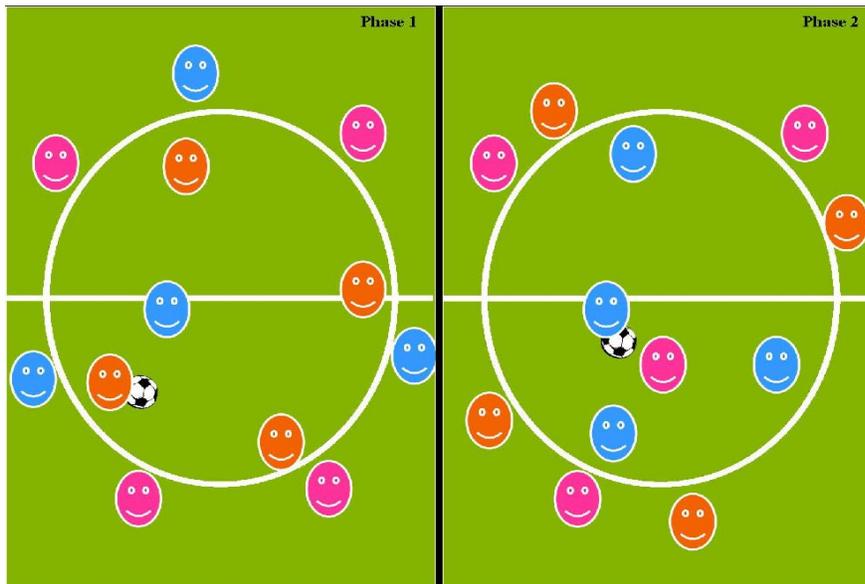


## Center Circle Keep Away (U10 and Up)



Designate any particular area (here I have chosen the center circle), and create three even teams. The game begins with one team (Red in Phase 1) attempting to keep the ball away from a defender from one of the other teams (Blue in Phase 1). While the one defender from blue is attempting to take the ball away from red, the rest of his teammates and the entire third (pink) team stand on the perimeter of the circle. When the blue defender wins the ball, his teammates enter the grid and the red team exits the grid. At this point, one player from the pink team enters as a defender and tries to win the ball (Phase 2). Continue to play in this manner, so that when the pink defender wins the ball he is joined by his team, blue exits the grid, and red sends one player to win the ball.

### Variations:

1. Instead of one defender, play with two.
2. Determine what winning the ball is for the defender. It may mean knocking the ball away from the possessing team or it may mean passing it to another teammate. The latter option is preferred simply because it teaches defenders that after winning the ball they should look to pass and not simply kick the ball away.

### Focus:

The coach may use this drill to focus on possession or on how to defend. In terms of possession, players need to work on exploiting the little space they have and making angles of support. They should also be paying attention to their "touch" - how well they can control a ball. In this drill, the better the touch the better the speed at which they can play and the less likely the defense will win the ball. In terms of defense, players should work on closing the possession team down quickly but under control. As you add defenders, they need to work in conjunction with one another in order to close down angles (ex. first defender, second defender, third defender). Defenders should attempt to make the possessing team play the ball faster than they can actually control it.