

LOGANSPORT SOCCER CLUB
FIVE MINUTE DRILL
Spring 2018



This is a technical warmup that can be used for players of all ages. This is written as I run it for my 18U travel players. You should modify it based on your players' ages and skill level.

The Five Minute Drill is known by that name because it should take that long to complete once players know the components. Players work in pairs with 1 ball standing 7-10 yards apart. Each player should stay up on their toes throughout the drill. If the ball escapes, both players should move to retrieve it and immediately resume the drill. Passes should be hard and on the ground. Throws should be firm, not lobbed to the receiver. The receiving player should bring the ball down to their feet as quickly as possible after each throw and then pass it back to their partner. Players should use both legs and feet to receive and pass the ball. Encourage use of the weaker foot.

The Five Minute Drill

1. Two-touch passes between partners (10 each)
2. Chest traps (First player throws 10 to second player who receives the ball and passes it back to first player's feet. After 10, switch roles.)
3. Thigh traps (10 each. Same procedure as chest traps.)
4. Foot traps at shin height. (10 each. Same procedure as chest traps.)
5. ***Headers (10 each, 5 aimed high toward partner's raised arms, 5 aimed low to partner's feet. Same procedure as chest traps otherwise.)
6. One-touch passes between partners (10 each)
7. When a pair finish before the rest of the team, they should practice long passes or juggling between themselves or other activity as the coach directs.

***Only 13U+ should do headers during the FMD, and headers during the FMD should only be done once per week.

Questions? Comments? Concerns?

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