

4 Corners

U10+

Phase: Session 2

Intensity: Low-Medium

Intervals: N/A

Recovery Time: N/A

Coaching Points:

180 degree turning. Accurate passing.



Instructions:

Line up the orange, the right side of the blue gate and the pole.

This gives the player the ability to fake left at the gate, dribble to the right, go around the pole, and pass back through the gate to the next in line.

Enhancements:

1. Setup opposite gate for left dribble
2. Make players fake at the pole and pass through gate to their right.
3. Remove all poles and make the players go straight across and navigate traffic.

