

## Tug of War

### **How the Drill Works:**

Two teams attempt to move the target ball across their opponent's end line ball by passing their ball into it!

### **Purpose:**

Develop players' passing accuracy through a fun and competitive game! One of the best soccer drills for 6-year-olds or use it as a fun warmup game for older players!

### **Setup:**

- Set up two 15-yard cone lines, 15 yards apart from each other.
- Place a unique colored soccer ball in between the two cone lines as the target ball.
- Divide the group into two teams and have them take their positions behind opposite cone lines. Each player needs to have a soccer ball.
- Play three games! Add more games if needed and time allows!

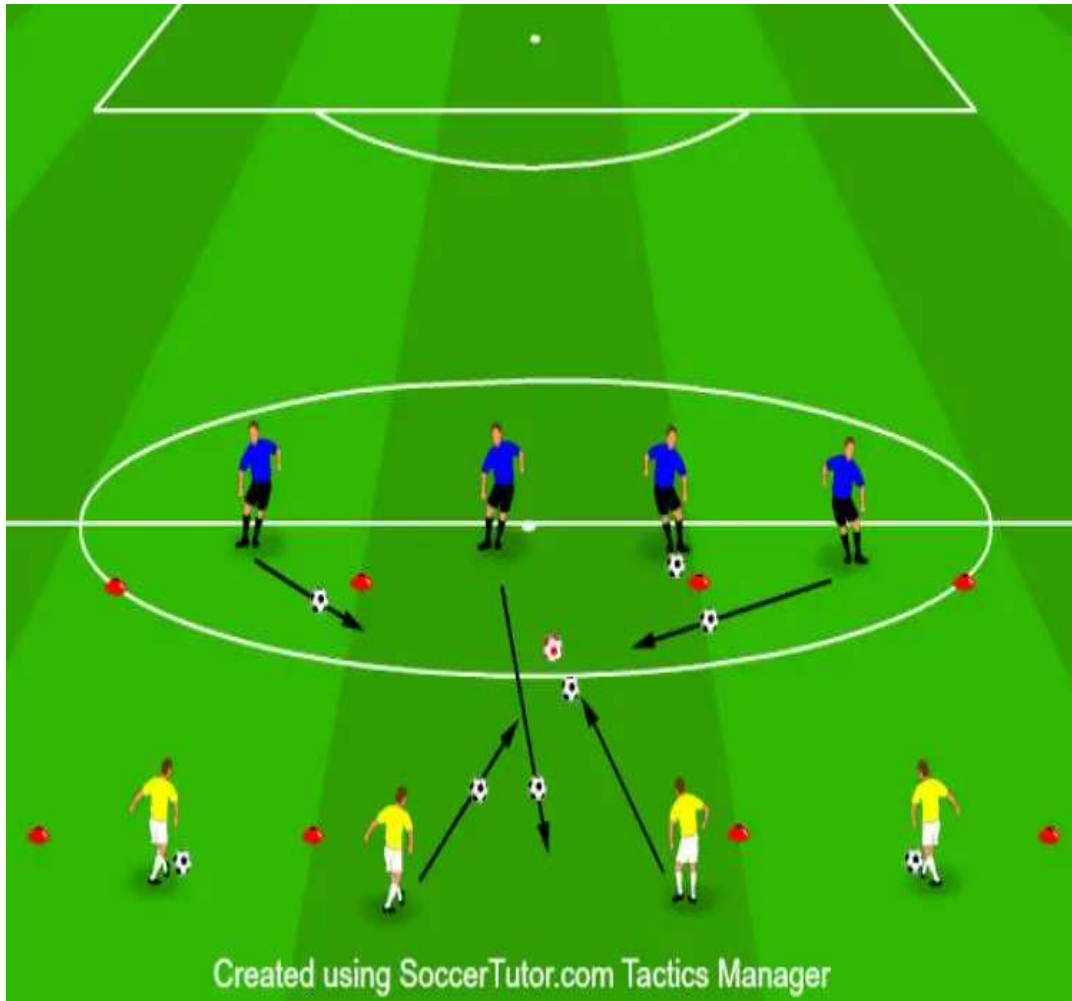
### **Instructions:**



1. Players attempt to pass their soccer ball into the target ball and push the target ball over their opponent's end line.
2. Players will need to move to find another soccer ball after they complete a pass.

Passes must be made from behind the cone lines. Players are allowed to run into the middle zone to collect any soccer balls that may be stuck there but must return to their cone line before passing.

3. The game is won when one team successfully knocks the target ball across their opponent's end line.
4. Play at least three games! Reset soccer balls and target ball after each round.



**Variations:**

**Weak Foot Only** – Players must use their weak foot to pass.

**Multiple Balls** – Play with three target balls! First team to get two target balls across their opponent's end line, wins!

**Coaching Points:**

- Stress accuracy over power to the players.
- Passes must be made on the floor!
- Teach the players to use the inside of their foot to increase their accuracy. Plant foot should point to their target.
- Remind players that they want to quickly find another ball so that they can have the best chance at helping their team win.