



## WSA Tryout drills

**Category:** Technical: Ball Control  
**Difficulty:** Moderate

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### Description

#### Field 1 - 1v1

In the 1v1 drill, we get the opportunity to see players in Both Attack and Defense. While the players are attacking we can see which players have strong dribbling skills, foot skills, decision making and their ability to finish. Along with athleticism and Strength  
When defending we have the chance to view the player's ability to defend in a 1v1 situation – Do they have the correct body position, good distance away from the ball? Etc. also when we win can we counter attack?



#### Field 2 - Possession

In the possession drill we have the opportunity to see which players can pass and receive the ball effectively – We see who can pass the ball with the correct weight and accuracy – who supports well and who can be creative play 1-2's, overlaps etc. – One of the biggest factors is a strong first touch and fitness  
We will start with each team having one ball. Using the other team as obstacles. After 5 minutes we will then remove one ball and have it become Red v Blue



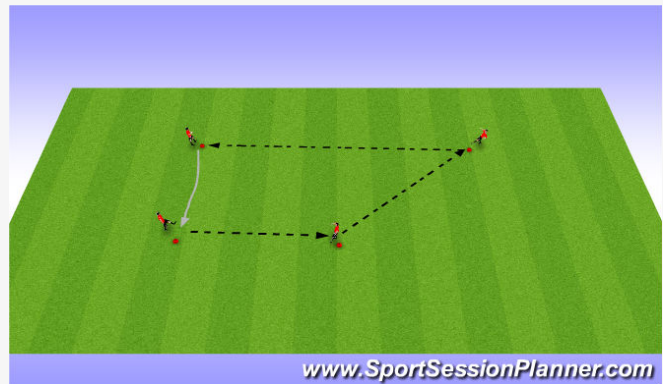
#### Field 3 - 2v2

In the 2v2 drill, we see which players can work in a small group's. Can the players communicate, work together to beat the defenders? We can see which players are creative? We can also see which players make poor decisions.  
In 2v2 defending we can see which players know how to defend in a small group – pressure cover, communication etc.



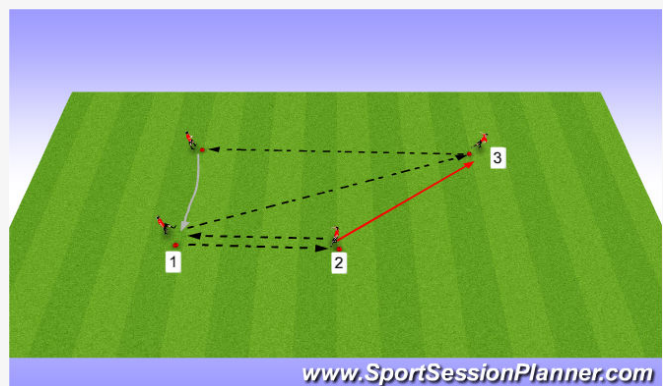
## Field 4 - Combo Drill

In the combination drill we can see which players have a strong passing and receiving skill set, more than in possession drill this focuses on pure technique, as the drill advances we will add one or two progressions so that it becomes a faster and more dynamic drill



## Field 4 combo drill 2

Here we can see the first progression, where player 1 and 2, play a 1-2 before player 1 plays along pass to player 3.



## Field 5 - Turning

In the Turning drill, we can see which players have good dribbling and turning technical skills, which players can turn and keep the ball under control, which players turn with the correct technique. We will use the Dragback, Cruyff, back heel turn and the hook turn.

