

SQUARE ROTATION – SKILL COMPONENT

Set Up

- 20m x 20m square (each corner marked with a cone)
- 1 cone at the halfway point of each side EXCEPT the goal side (3 cones total)
- On the goal side there is no halfway cone – players receive, shoot, and go to the back of the line
- Players evenly split on each corner
- 1 small goal offset towards shooting side (pugg goals, cones or poles)
- 1 player starts in goal
- 2 balls on opposite corners

Constant Rotation Pattern

- Dribble to halfway cone (on non-goal sides)
- Perform required action at the cone
- Pass to next corner
- Follow pass and join that line
- At goal corner: Receive → Turn → Shoot → Go to back of the line as goalkeeper rotation continues
- Goalkeeper: Collect ball → Dribble to next corner → Join that line
- Change direction half way during drill

Phases

Phase 1 – Dribble → Pass (3 mins)

Action at the cone: Pass at the cone (non-goal sides only)

Phase 2 – Dribble → 6 Sole/Toe Taps → Pass (4 mins)

Action at the cone: 6 taps at the cone, then pass (non-goal sides only)

Phase 3 – Dribble Around Cone → Pass (4 mins)

Action at the cone: Tight turn around the cone, then pass (non-goal sides only)

Phase 4 – Creative Freedom → Pass (4 mins)

Action at the cone: Perform a skill move at the cone, then pass (non-goal sides only)

Shooting Component

When the ball reaches the goal side, there is no cone action. The receiving player turns toward goal and finishes immediately. After shooting, the player becomes the goalkeeper. The goalkeeper collects the ball, dribbles to the next corner, and joins the rotation. This ensures constant involvement and keeps the shooting side simple and game-realistic.

Progressions & Adjustments

To Increase Difficulty

- Reduce square size
- Limit touches before shooting
- Add passive defender near goal
- Encourage weaker foot only
- Shoot within 1-2 touches

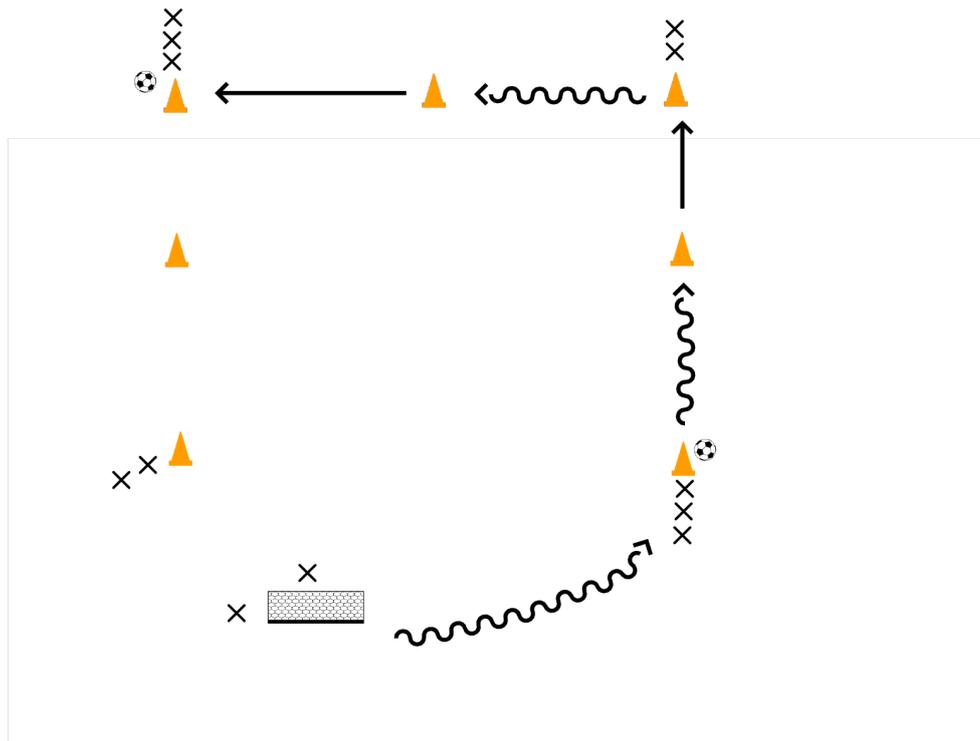
To Simplify / Adjust

- Increase square size
- Remove tap requirements
- Allow stop → set → pass
- Remove goal and focus only on rotation
- Run two squares side by side for larger groups
- For U5–U6: Focus on control and confidence
- For U8–U9: Encourage firmer passes
- Shoot within 1–2 touches

For 5s to u7s

Because of limited players, have the coach stay as the goalkeeper and start the drill with two people behind the balls. That way two balls can still operate and minimal waiting time. Coach be wary of break down and have spare balls next to you to supply.

Visual Guide



Notes

- 7 cones: 4 on each corner, 3 at halfway points (non-goal sides).
- Area: 20 metres each side.
- Goal is offset towards the shooting cone.
- When change of direction happens, move the goal to the opposite side.
- Have an extra player next to the goal to ensure flow.
- That player becomes goalkeeper, shooter waits and becomes next goalkeeper.
- Always have more players where the ball starts.
- Can introduce 3 balls if the group is advanced.
- Technical action happens at the midpoint cones.
- X = player.
- Squiggly line = dribble.
- Straight arrow line = pass.