

This drill from the Dutch giants, Ajax was observed and contributed by Terry Michler while leading a tour of coaches from the "Dutch Touch Soccer Camp". Michler is also the author of a number books including Dutch Total Football.

Ajax Drill #1

Two teams of five players with three target players compete for possession in a 50 x 30-yard area. The field is divided into two equal halves. The team in possession pass the ball in one half of the field until they can pass to the target on the center line. The center-line target then passes to the target on the opposite end line. Once the target on the end line has received the ball both teams move into the other half of the field. The target player passes to the team that was originally in possession and the game continues.



Coaching Points

- Fast ball circulation with an “eye” for the center-line target player
- Play to the target player as soon as possible
- Defensive pressure and rapid closing-down must be stressed
- Coaching moments will be available on both sides of the ball

