



DEATH ZONE

Play a regular soccer game with two teams, goals and keepers. Mark the middle of the field with the death zone. No player may enter this zone. The ball is allowed to pass through, but no players. If player enters this zone, a 30 second to 1 minute penalty, giving the opponent a one-player advantage.

COACHING POINTS:

1. This drill is designed to keep players spread out on the soccer field. Encourage players to stay wide.
2. Vary the size of the death zone for desired results.