



Notes:

Dimensions: 8 x 14 Yard rectangle played length ways, two players per area. Place more areas to accommodate or have two waiting players per area to minimize wait time. Place cones to split each area into three sections.

How to: The defender starts with the ball in the middle of the area and passes to the attacker who must start at the end. The attacker's job is to dribble the soccer ball to the opposite end line. The defenders must try to usher the attacker out of the side of the area to score a point. Once play has concluded the players change roles and play continues.

Defenders must pick a place that they want to move the attacker towards and try to make play predictable by moving them where they want them to go.

Coaching Points: Make play predictable; approach the attacker towards one of their legs so they only have one direction to run into, be sure to keep your body balanced and ready to change direction at any point.

Do not cross your feet over, jockey for the ball and remain side on. Be patient and wait for the right opportunity.

Experiment with moving the attacker where you want them to go on the field.

Progressions: Challenge your partner. Pick a side and try to make your attacker exit through that side of the field. 3 goes each, best score wins.



COACHES
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