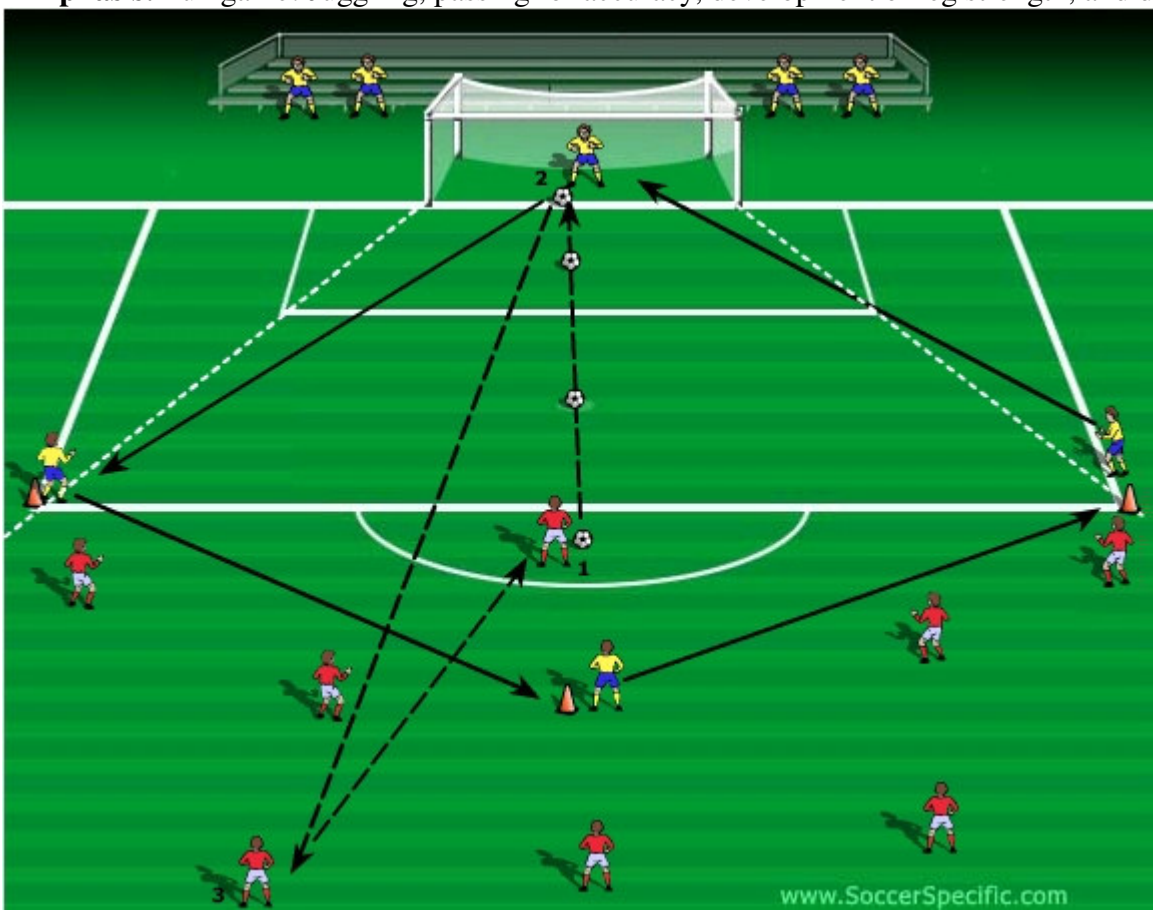
Defenders Dual

Emphasis: Fun game! Juggling, passing for accuracy, development of leg strength, and decision making.



Set-up: Divide players into two equal teams. Place cones out for bases on each corner of the 18 yard box forming first and third base. Place a third cone for second base 30 yards directly out from the goal. One ball is needed.

Progression:

1. Each team is up for three outs.
2. The pitchers mound is the top of the 18 yard box in the "D".
3. Two strikes constitute an out.
4. A strike is any pitch that has been passed by the pitcher on the ground that ends up in the goal.
5. A foul ball counts as a strike.
6. Players can be called out in one of four ways. Example Player #1 pitches a ball to Player #2 who kicks the ball into the outfield. The opposing team player #3 takes it out of the air and juggles it twice for the out. The second way is the ball must arrive back to the pitchers mound before the man has reached first base as in the example of player #3 who is passing it back to the pitchers mound. The third way is passing the ball into the net over the goal line before the player on third base has crossed the goal line. Finally, the fourth way is to hit the player with the ball by passing it at them prior to them arriving on base.
7. At no time can anyone use their hands. Feet only.

Coaching Points:

- Improve communication between teammates
- Juggling
- Accuracy of passing
- Decision making