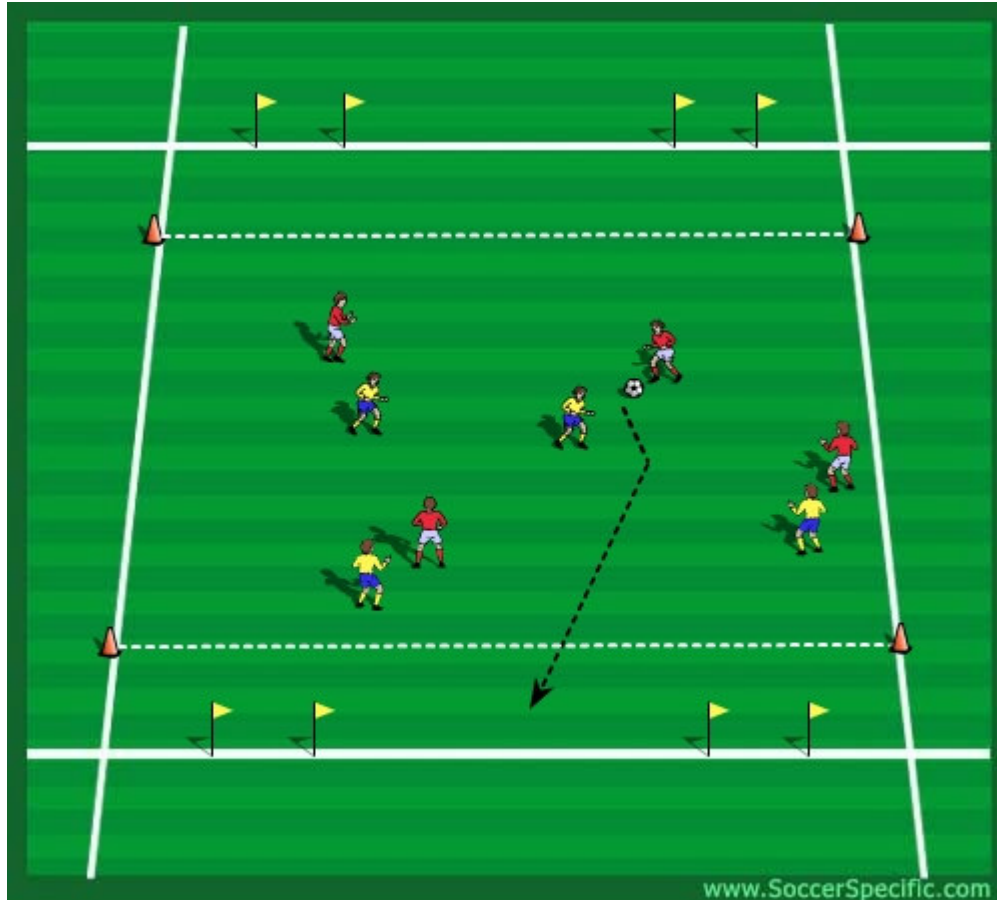


4 v 4 Get in the Zone

Emphasis: Dribbling to beat an opponent.



Set-up:

20 x 30 yard grid. 8 players. Two sets of colored bibs. Cones are used to create a 5-yard wide end-zone at each end of the grid. Flags are used to create two mini goals at each end of the grid. Repeat set-up to accommodate entire team.

Objective:

Both teams compete for the ball. One point is awarded for successfully dribbling into the opponents' end-zone area, 3 points for successfully dribbling through either of the opponents mini goal.

Progressions:

Award extra points for beating an opponent with a move prior to entering the end-zone or mini goal.

Coaching Points:

- Attack the defenders at speed.
- Accelerate to get past defenders.
- Utilize moves, dodging fakes etc.