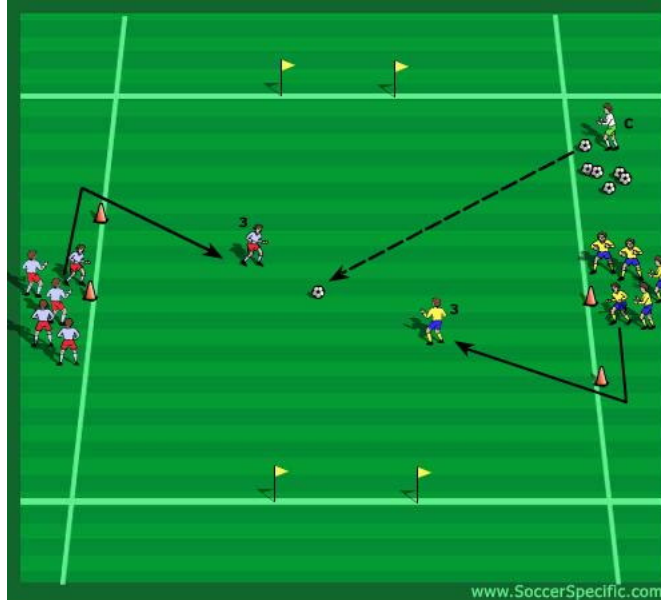


Face-Off

Emphasis: Dribbling



Set-up:

20 x 20 yard grid. Flags are placed to create a mini goal in each end of the grid. Two sets of colored bibs. Players are divided into 2 teams. Each player on each team is allocated a number 1- 8 (dependant on number of players).

Objective:

Coach calls out a number. The players allocated this number must run around a cone, then into the grid to compete for a ball being tossed by the coach. Both players play 1v1 and try to score in the opponents' mini goal. Team with the most goals after designated time wins game.

Progressions:

Call out two numbers to create a 2v2 situation.

Coaching Points:

- Accelerate to get to the ball before opponent.
- Quick changes of direction and speed are essential.
- Use feints, deception to elude opponent.