

## Find The Space

**Emphasis:** Dribbling for penetration - transitioning from one area of the field to another.



**Set-up:**

20 x 20 yard grid split into four 10 x 10 grids as shown. 3 – 4 players per small grid with one ball each. Players dribble their ball freely within their 10 x 10 grid.

**Objective:**

On coaches shout “Switch” all players must dribble their ball quickly into a different 10 x 10 grid. The first group to find a new grid wins.

**Progressions:**

Use 1 ball; this ball must be passed into the new grid.

**Coaching Points:**

- Players must talk to find the fastest route.