

Inside Out Penalty Box Game

Emphasis: Speed dribbling and defending



Set-up:
Place five, six foot wide goals evenly around the outside of the penalty box, using cones or flags. Place plenty of extra balls around the perimeter of the box.

Objective:

Simultaneously games of 1v1 occur for 1 minute at a time. Split your team into pairs. One player starts with the ball on the outside of the penalty box. The other player is the defender and starts in the middle of the box. The attacker can enter the box at anytime, but may only score by exiting through a gate while maintaining possession of the ball. If the ball is won, it is given back to the attacker.

Progression:

1. Must find a new gate each time.
2. On a turnover, switch the roles.

Coaching Points:

- Dribble at speed but keep the ball under control.
- Dribble straight at the defender and invite them to commit one way.