

Multiple Goal Dribbling

Emphasis: Dribbling and defending



Set-up:

Create a 20x20 yard grid and randomly place four, six foot wide goals made by cones or flags. Divide your players into pairs, each with a ball. Have plenty of extra balls on the perimeter of the grid.

Objective:

One of the players starts as the attacker and the other is the defender. All pairs are working at the same time, and the attacker is trying to dribble through as many gates as possible while maintaining possession. If the ball is won by the defender, the ball is returned to the attacker. After 1 minute, switch the roles of the players and play for another minute. The player that goes through the most gates wins.

Progression:

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

Coaching Points:

- Score early and break the opponent's mentality.
- Force the opponent away from the gates.
- Use fakes and shot fakes to get the defender off balance.