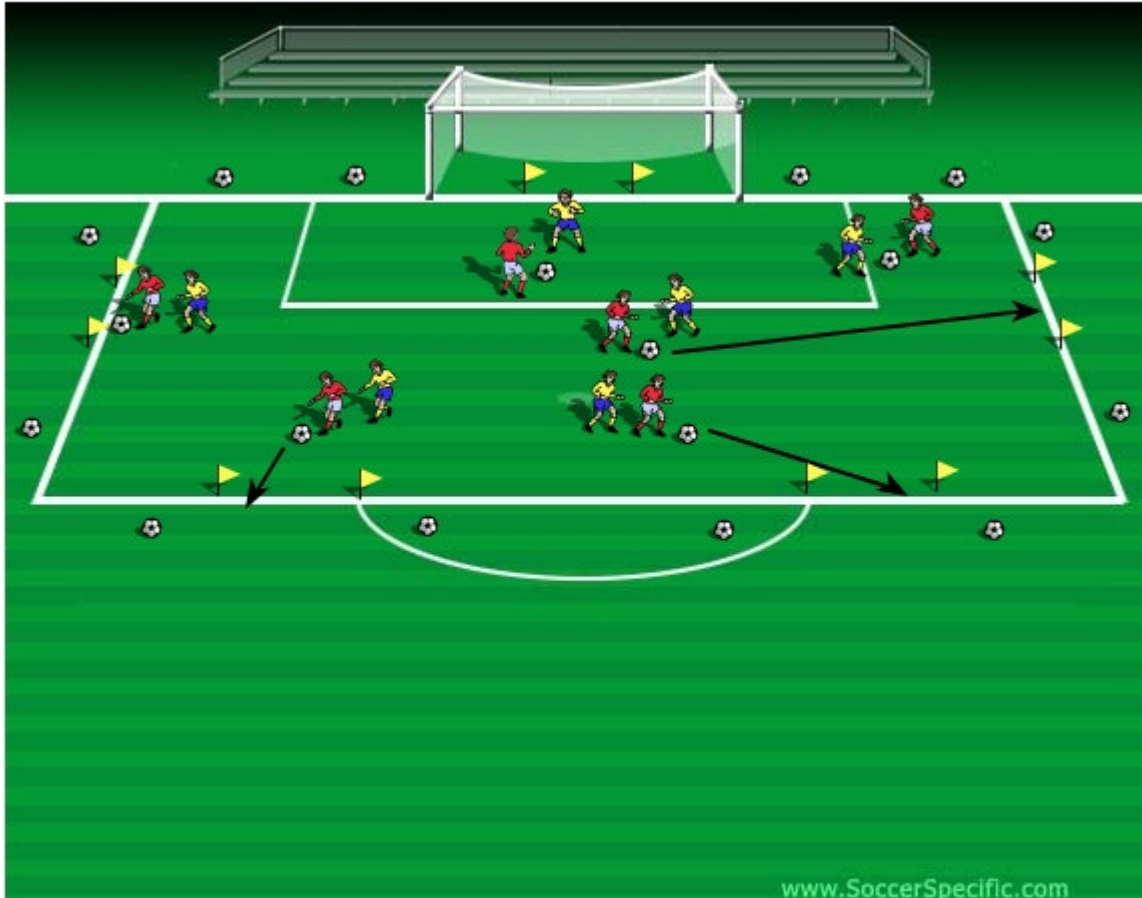


Penalty Box Goal Game

Emphasis: Dribbling and defending



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

Objective:

Divide your team into pairs and place everybody inside the penalty box. All pairs are working simultaneously. The attacker tries to dribble towards one of the five goals and stop the ball within 1 yard on either side of the goal. The defender tries to prevent the penetration. If the ball is won, it is given back to the attacker. Work for 1 minute and then switch the roles.

Progression:

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

Coaching Points:

- Get the defender off balance.
- Change the point of attack.