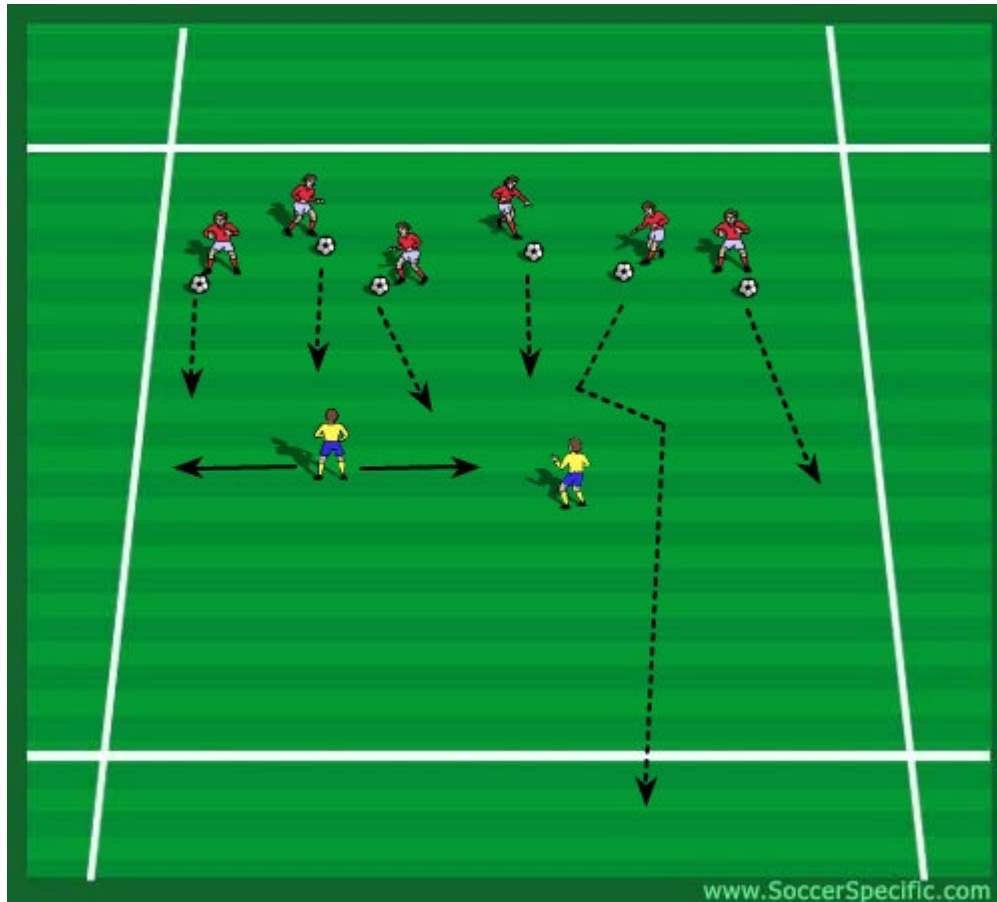


Stampede

Emphasis: Beating an opponent in a confined space.



Set-up:

20 x 20 yard grid. 8 players split into two defenders and six attackers. The two defenders start in the center of the grid, six attackers on one of the end-lines. Repeat set-up to accommodate entire team.

Objective:

The attackers (red) must dribble through the center of the grid and reach the other end-line without being caught by a defender. The defenders must try to kick the attackers balls out of the grid. If an attacker has his ball kicked from the grid he then becomes an attacker. Sequence is repeated end to end until one attacker is dribbling against seven defenders. The last attacker remaining is the winner.

Coaching Points:

- Accelerate quickly to avoid defenders.
- Keep eyes up to scan the area and avoid defenders.
- Utilize moves, dodging fakes etc.