

Use Your Moves

Emphasis: Dribbling



Set-up:

40 x 30 yard grid divided into 10 x 10 yard grids. Flags are placed to create a mini goal at one end of the grid. Two sets of colored bibs. Groups of 4-5 players.

Objective:

One player starts in the middle 10 x 10 grid and will act as the defender. One player will act as a goalkeeper in the mini goal. The first player in line will attempt to dribble past the defender in the middle grid before attempting to score in the mini goal. A shot must be taken from greater than 10 yards from goal. The attacker then becomes the defender for the next attempt.

Progressions:

Players must use a feint to beat the defender.
Players can attack in pairs to create a 2v1 situation.

Coaching Points:

- Push ball out in front while moving at speed.
- Accelerate over the first few yards to unsettle defender.
- Use feints, deception to elude defenders.