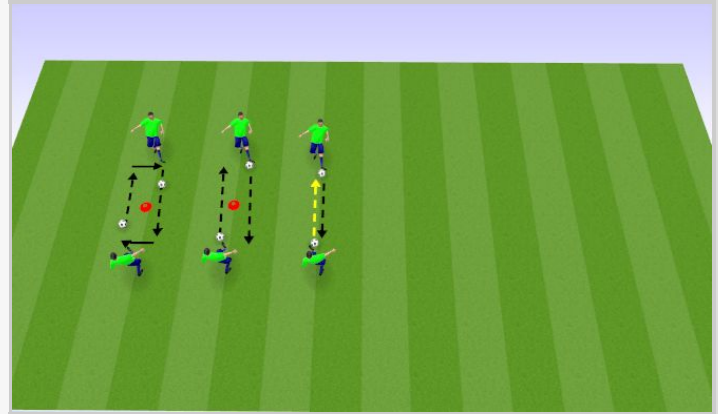




2 ball partner passing

Partners, each has a ball; a cone in between as a reference point (the cone is not required but may be a good reference point)

- 1) each player passes on the right side of cone and receives on the left; switch sides
- 2) each player passes and receives on the same side of the cone (the same ball is always passed on the same side)
- 3) one player passes over the other under (most difficult; probably only for advanced players)



Dribbling Rondo

Players are spread around a space with a defender in the middle. The defender has a ball and must dribble to try to tag the player who has the ball. If the player with the ball is tagged, s/he is the new player in the middle. If the ball is passed out of the square, the player who is at fault is in the middle.

>too difficult? make space bigger

>too easy to pass? add another defender

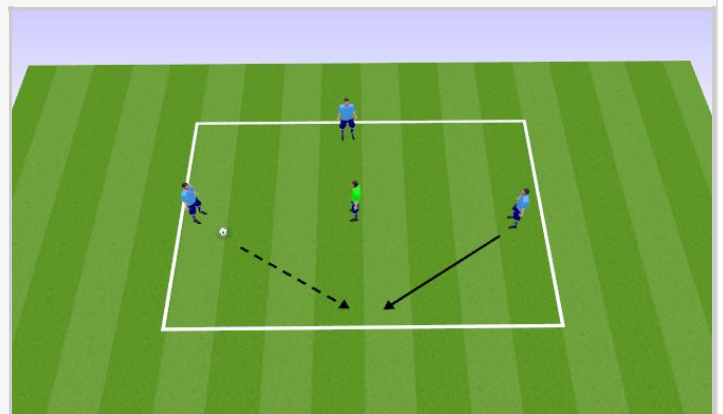
>still too easy to pass? defender no longer has a ball and is just trying to win the ball



3v1

Players move to the open space to provide the player on the ball support on either side. Players should try to be "even" with the defender and on the edge of the space

award points for certain number of passes

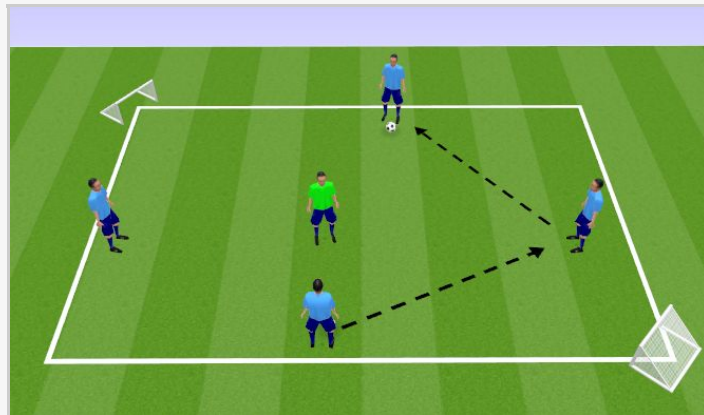


4v1 to counters

4 players try to keep the ball away from one player. If the one player wins the ball, s/he tries to score on the either of the two goals. Play for time an amount of time and trade the player in the middle

Play until defender gets 5 goals or attackers get 40 passes

Play with more than one game and trade defenders



10-Jail Game

Set up: Players are in two lines at the top of the field behind a square (jail). A cone 6-8 yds away, and small goal behind.

Description: Two players start in the jail and begin by passing and breaking out of jail--one with an overlap, the other with a dribble. A defender starts on the cone and can move when they leave the jail. The defender cannot defend behind the cone. If the attackers score, they return to the lines. If the attackers do not score, the last person to touch the ball becomes the defender.

Coaching points: Receive the ball facing the goal with back foot, overlap and support even with the defender, dribble directly at the defender, pass in front of teammate to run onto it

