

Purpose

To develop deception, feints and beating an opponent.

Organization

Set out a 10 x 10 yard area. Group in pairs. 1 ball per pair. Position 1 player on each end line. An imaginary line is made in the middle of the area by 2 discs. Repeat in 5 other areas for a total of 12 players.

Game Objective

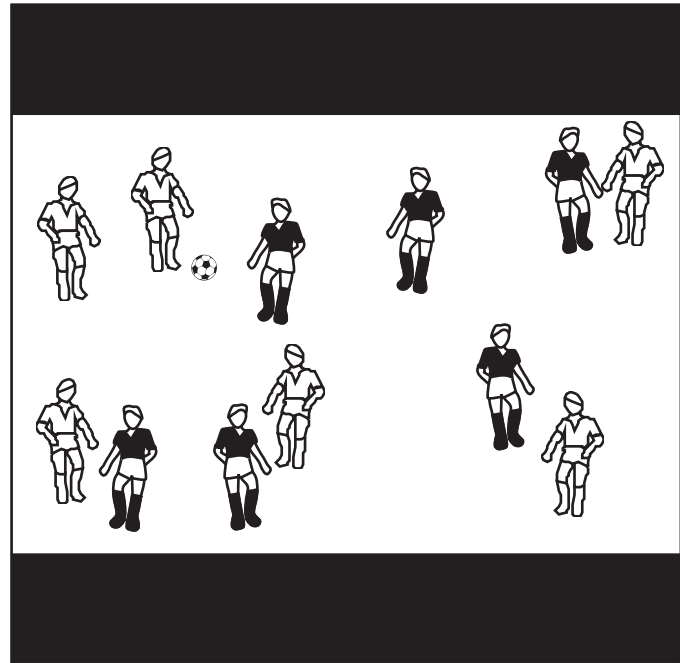
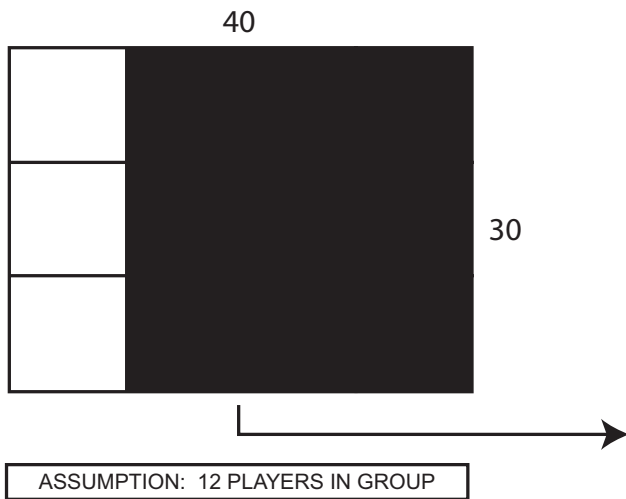
Light player starts with the ball and passes it in to the Dark player. As soon as the Dark player touches the ball, the Light player can try to win the ball. The Dark player tries to dribble to any of the 3 spare cones in the grid. The Dark player scores one point for beating his opponent to either of the lateral discs and two points if he dribbles the ball around the Light player defender to the disc at the top of the diagram. Repeat the practice with the Light player in possession.

Progressions

If the Light player wins the ball, he becomes the attacker and tries to score.

Key Coaching Points

1. Push the ball to the side and accelerate into space behind the defender.
2. Change speed and direction.
3. Use fakes and turns.



Purpose

To practice in a small sided conditioned game.

Organization

Set out a 30 x 30 yard area. Set out an endzone 5 yards wide from each endline. Play 6 v 6. One ball per group.

Game Objective

The Dark team is in possession of the ball. The object of the game is to advance the ball to the attacking endzone. A goal is scored when a player dribbles the ball into the endzone and stops the ball with the sole of his foot. No defenders are allowed in this area.

Progressions

Make the endzones neutral such that either team can score in both endzones.

Key Coaching Points

1. Encourage players to take on defenders at every opportunity.
2. Look for switching of the direction of play in the above progression.