

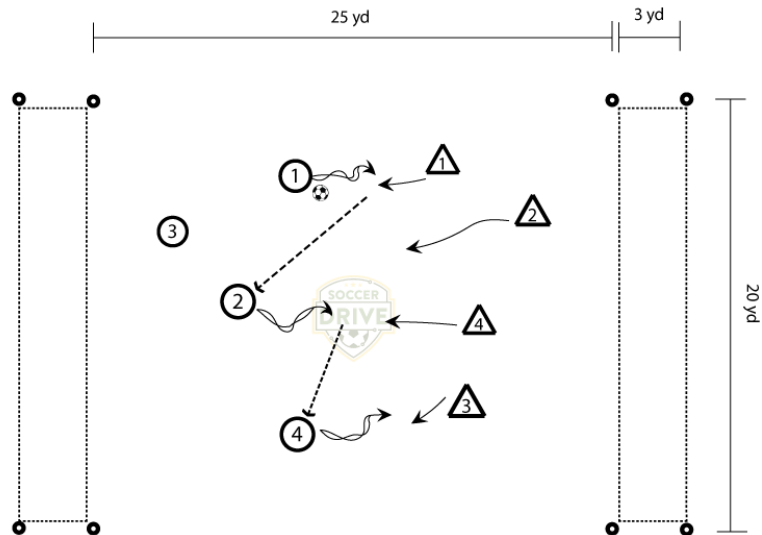


Dribbling Endzones

AGE LEVELS U8
U10
U12

CATEGORIES Dribbling

EQUIPMENT 1 balls
8 players
31 x 20 yd field



DESCRIPTION

- » Make a 25x20 yd field with a 3 yd "endzone" on each end.
- » Players play 4v4
- » Players score by dribbling into the endzone. Once a goal is scored, the other team starts from their endzone.
- » Players are not allowed to pass forward, only sideways or backwards. To move the ball forward, they have to dribble!

COACHING POINTS

- » Encourage players to take 1v1 situations and try and beat the defender with a dribbling move. Encourage "selling" the move by exaggerating the body parts used in the last activity.
- » If a player is unsuccessful, praise them for trying the move, and encourage them to try again the next time they get the opportunity.