Soccer dodge ball





www.SportSessionPlanner.com

RULES

- 2 players with a ball-taggers Taggers try and pass their ball and hit player knee or
- below If player gets hit, they get a
- ball and become a tagger Game ends when all players are tagged

POINTS

- **Get close to target**
- Face target when passing
- Make quick passes
- Disguise pass by faking
 - Hit target

Crossing and finishing



- 2 group- crossers & finishers
- Crossers pass ball across box away from keeper to attacker
- Attacker runs onto ball and shots at goal

POINTS

target

- Crosser must look to see
- where attacker is running Cross must go where
- attacker can run onto
- Keep ball away from GK
- Attacker sprints onto ball Make sure shot hits the

Crossing and finishing





ULES Polleto

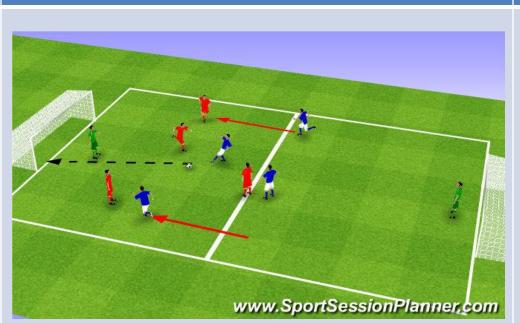
- Ball starts in the center
- Ball is played out wide to player running onto ball
- Wide player touches ball to end
- Player looks up to see attacker and makes cross
- Attacker makes run to near or far post

POINTS

- Make sure players are going full speed
- Crosser must look up
- Look where attacker is running
- Attacker calls where he/she wants the ball

5v5 GAME





RULES

5v5 with goalkeepers

POINTS

- Cross and finish gets 2 points
- Get attackers making runs into box and calling for ball