

North, South, East or West



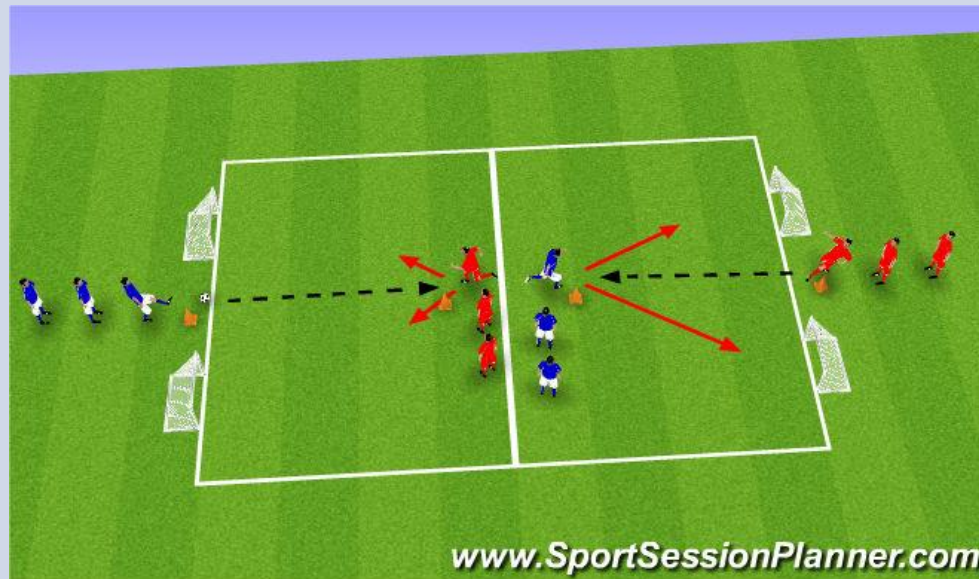
RULES

- All players with a ball dribbling within the area
- Coach calls either north, South, East or West
- Players must dribble quickly to that side
- Can add dribbling moves

POINTS

- Keep head up
- Dribble into spaces
- Listen for command
- Change speed while keeping ball close to get to correct side

1v1 to 2 Goals



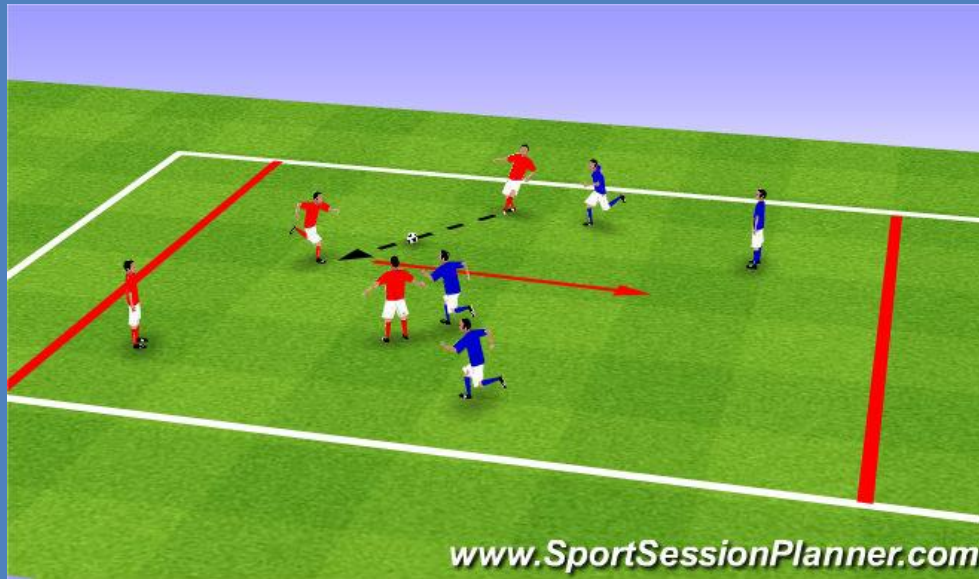
RULES

- Defending group stand between goals.
- Defenders pass to attacker who is about 10yards in front
- Players go 1v1
- Attacker can score in either goal
- If defender wins ball game is over
- *diagram show 2 simultaneous games

POINTS

- Look where defender is
- Move ball into OPEN space away from defender
- Change speed and direction to beat defender
- When a goal is open shot ball

4v4 to End Zones



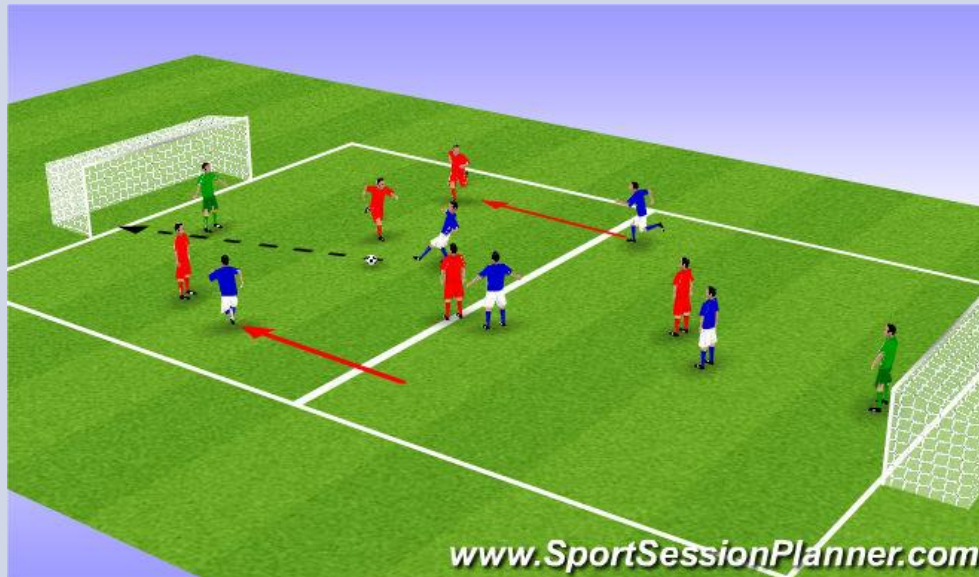
RULES

- 2 teams of 4v4
- Teams score by dribbling into end zone
- Players can only pass backwards
- Focus is on dribbling, so look at dribbling forward with the ball at all times

POINTS

- Look for space
- Take first touch into space
- If in trouble, turn, shield and pass to a team mate
- Use moves to beat players

6v6 GAME



RULES

- 6v6 with goalkeepers

POINTS

- Look to find space for the dribble
- Look to isolate 1v1 opportunities in the final 1/3
- Change speed and direction to create space