



Dribbling Games

Chaser and Follower

- Blue player is trying to stay close to Red
- After 1 minute freeze the game
- If the blue player can take three steps and touch the red player, the blue player acquires a point
- If the red player is farther than three steps then the red player gets a point

Every player for themselves

- one partner holds a pennie
- players with pennies are allowed to tag anyone inside the grid with a pennie
- once tagged they must put pennie on the ground and get away
- tagged player must pick up the pennie and try and tag someone else

Out and In

- Players dribble in the grid
- On coaches command players must exit to a side of the grid and come back in
- Progress to two sides, three sides, four sides.



Possession with ball in hand

Organization

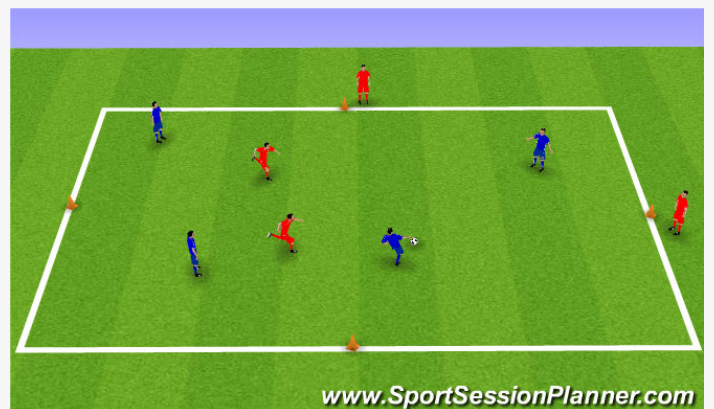
- One team keeps the ball on the floor while opposition has the ball in their hands
- Team with the ball in the hands must try to touch the ball on the ground with their ball
- Once the reds accomplish that, the roles change
- Give teams a certain number of passes to achieve



4v2 Transition possession

Organization

- Play 4v2
- Blues try to achieve certain number of passes
- Once the reds steal the ball...the remaining two reds join in, and they must keep away from two blues
- Have partners, and whichever partner loses the ball, those two will stay in.



4v4 with endzones and Gk's

Organization

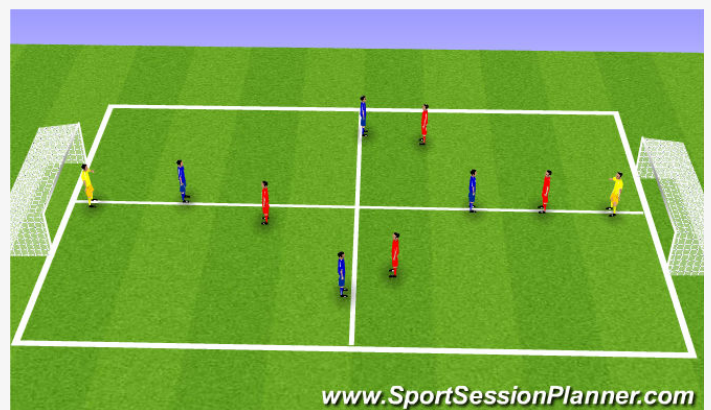
- No shooting inside the zones
- Defending team can enter their zone to receive the ball from the goalkeeper
- No defending inside of the zones
- Ball goes out we restart from outside players
- Outside players try to achieve as many touches while "resting"



4v4 with restricted zones

Organization

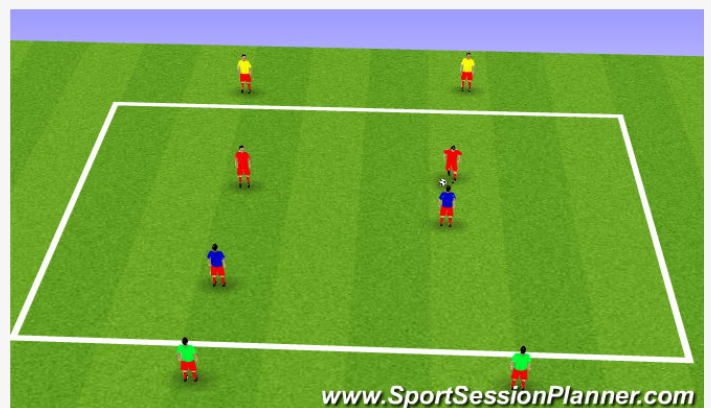
- Players must stay in their designated zones
- Defenders and forwards must stay in the back and front two grids
- Outside players must stay in the two flank grids



2v2+2+2

Organization

- 4 teams of 2
- Must pass it to the team waiting to score.
- Team that gets scored on goes off
- Team that scores stays on
- Team that receives the pass will attack the team that scored



2v1 to 2v2

Organization

- 2v1 to goal
- Blue plays to a side player and will attack 2v1 with player he passed to
- Player that didn't receive the ball will become the defender
- Goals must be scored on the ground and inside of the endzone
- Prog: Play 2v2 with passer and player waiting on cone (they will rotate)

