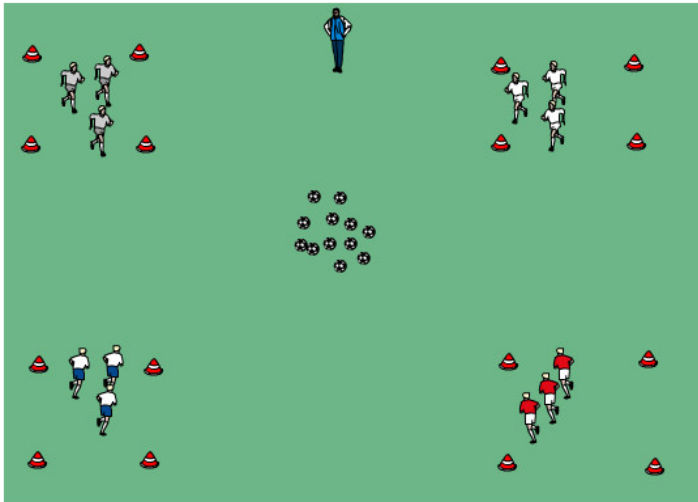


Capture the Balls



Set up: create three or four "home bases" (squares) with cones roughly 2-3 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases.

The Game: On the coaches command the teams are free to gather as many soccer balls as they can into their Home base. Players cannot use hands and there is no

pushing each other or sitting/laying on the balls. Teams can steal balls from each others' home bases. Coach calls time and count up how many balls are in each space to determine a winner. Coach allows team 1 minute to make up a new team strategy before playing again.

This is a fun exercise for young players to develop teamwork while dribbling and passing the ball.

If you enjoy this exercise Coach Donahue recommends:

Possible next Activity:

The City Game
4v3 plus Keeper

Match Related Game:

5v5 Must be Over Half Field
Four Goal Game