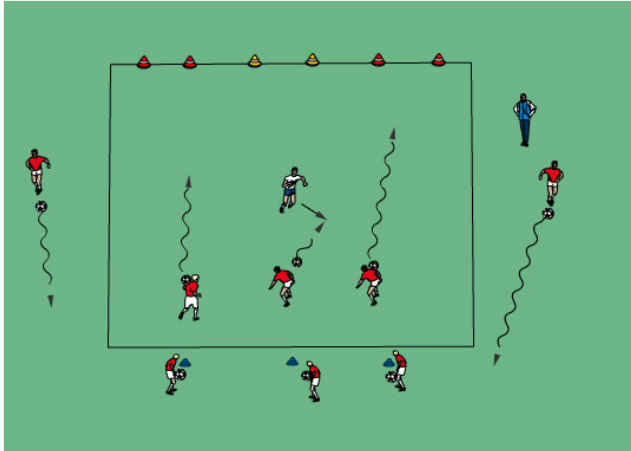


Early Dribbling Game



Set-up: Field is 15 yards wide with three 2 yard goals (gates) on one end line. The field should be 15 to 20 yards long.

The Game: 3 players (each with a ball) attack 1 defender. (If the attackers are having too much success, you can have 2 attackers attack 1 defender). Players must dribble the gates. Defender tries to win the ball or steer the attacker out of bounds.

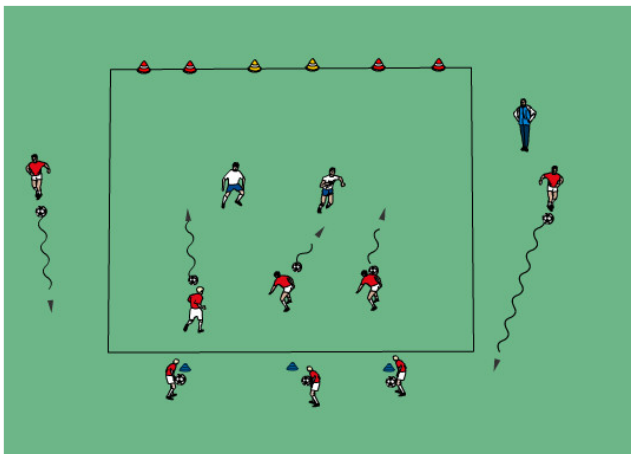
Play for 60 to 90 seconds than switch the defender! Exercise is very demanding on the defender!

No more than 3 attackers can be in the zone at one time. For young players ask the player next in line only to enter the field when the player that was directly in front of them has his/her ball go out of bounds (easier to recognize when to go). Older players should be able to recognize when any ball goes out and keep any three players on the field.

Adjustments:

- Coach can narrow the zone, make it harder on the dribbler.
- Coach can widen the zone, easier on the attacker.
- Coach can allow the dribblers to return to the starting position when under pressure.
- Ask defenders to play higher up so they don't get stuck by the gates they're defending.

Progress to:



The Game: Same as above, but with an additional defender.

Focus:

- Beating a player in a 1v1.
- Recognizing when to run with the ball.
- Changing direction with the ball.
- Fitness.

If you enjoy this exercise Coach Donahue recommends:

Possible next Activity:

3v1 with 2 goals and 2 counter goals
3v1 plus 1 to end-lines

Match Related Game/Exercise to Goal:

Bob Gansler 2v2 combined
Transition Game with 2 Gates and 1 goal