

Chase Them Down

Emphasis: Running with the ball at speed, change of speed.



Set-up:

30 x 30 yard grid. 12-18 players with a ball each. Two sets of colored bibs. Players arranged in pairs facing each other. Cones placed to create a 5-yard wide channel between each pair. All players are performing fast footwork type activities in a stationary space.

Objective:

Coach calls out the color of one of the teams. Example “Reds”, at this time the red team must dribble quickly towards their opposite yellow partner. The objective is to tag the yellow player before they can turn and dribble over the end-line.

Progressions:

The team of chasers must try to pass their balls against the legs of their opponents.

Coaching Points:

- Accelerate quickly in the direction you want to go.
- Take longer touches, don't get the ball caught under your feet..