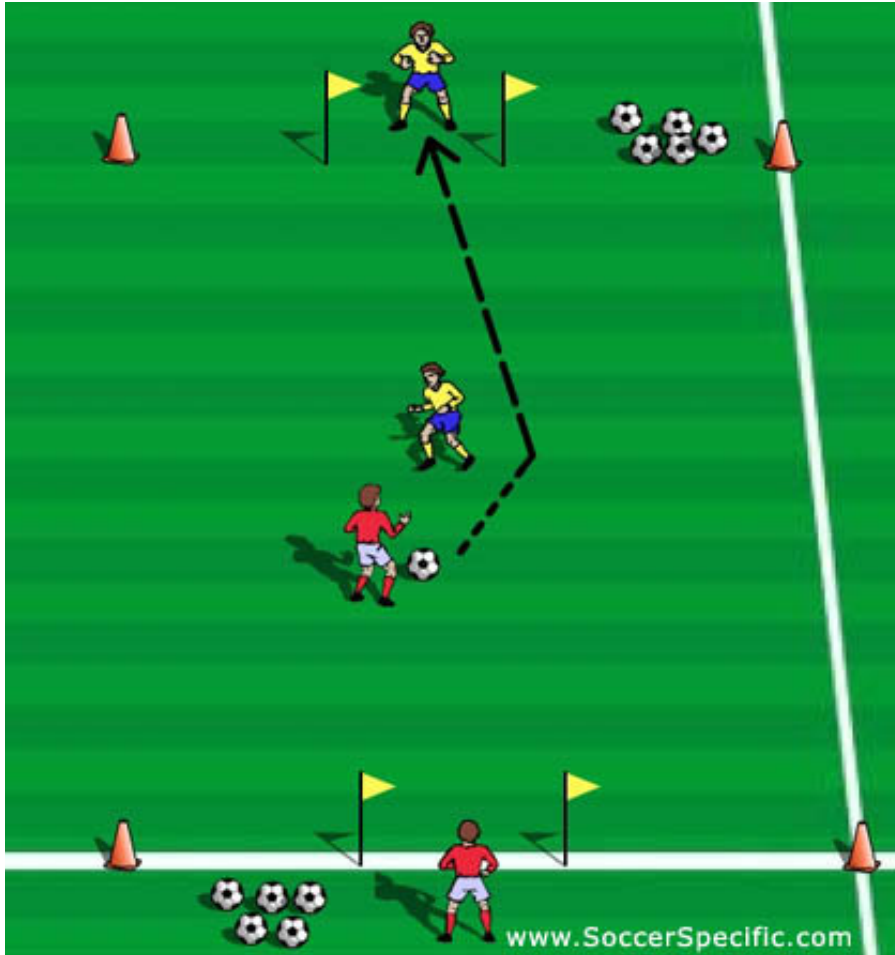


Cutting Off The Channels

Emphasis: Dribbling for Penetration



Set-up:

Make a 20x10 yard area with two four yard goals on opposite sides of the grid. Two players are positioned in the grid and two players are resting, one behind each goal with extra balls. Repeat setup to accommodate the entire team.

Objective:

The player with the ball must beat his/her opponent on the dribble and pass it through the small goal to the resting player. If a goal is scored, the ball is stolen, or it goes over the line, a change of possession occurs and play continues in the opposite direction. Play for 1 minute and then switch with the resting players.

Progression:

1. Increase the size of the area to 40x20 and make it 2v2.
2. Increase the size of the area to 70x40 and make it 4v4.

Coaching Points:

- Defensive player should funnel the attacker away from the goal by forcing them to one side.
- Must get the defender off balance by quick and fancy footwork with the ball.
- Attacker must look for and create opportunities to penetrate.