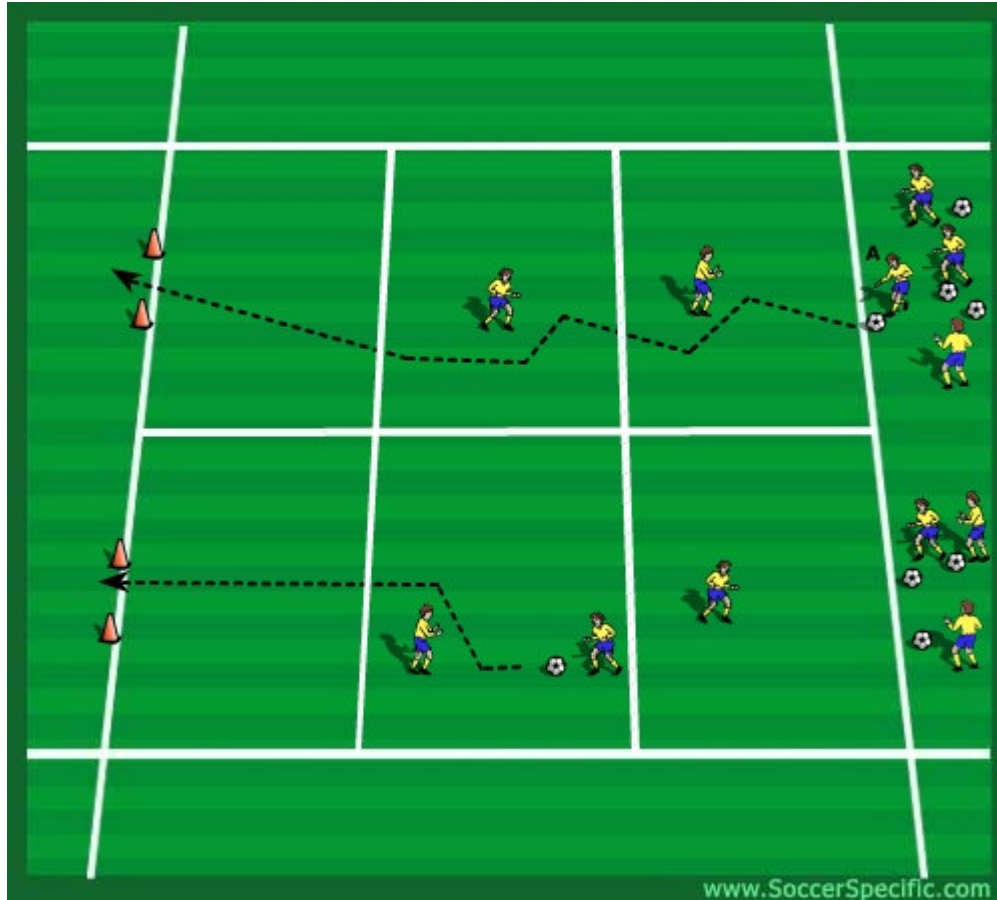


Mine Field

Emphasis: Beating an opponent



Set-up:

10 x 30 yard grid divided into three 10 yard square grids. Groups of six. Cones are placed as shown to create mini goals. Two players start in each of the first two squares to act as defenders. Four remaining players act as attackers.

Objective:

Player (A) must try to dribble through the first two squares before scoring in the mini goal. The defenders must try to stop the attacker by kicking his ball from the grid. Rotate defenders after 2-3 minutes.

Progressions:

Attacker immediately becomes the defender if his ball is kicked from the grid.

Coaching Points:

- Accelerate quickly past the first defender while still keeping the ball close.
- Keep eyes up to scan the area and opponent.
- Utilize moves, dodging fakes etc.