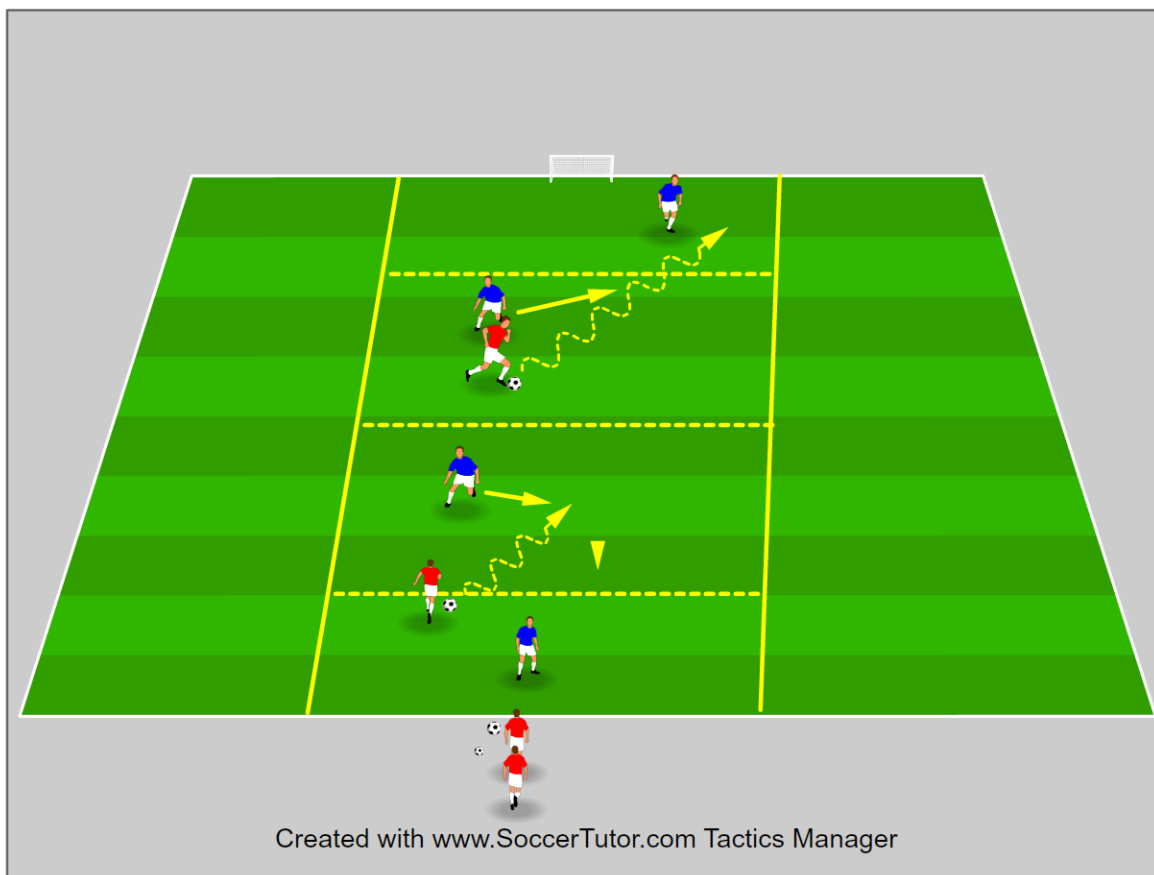


Bull in the Ring



Date:	19/Mar/2014	Measurement:	Select Pitch Area
Time:	N/A:N/A	Players:	0
Duration:	20	Level/Age Group:	U8 - U14

Description: The Blue team each has a box to defend. They can not come out of that box. Once the defender is by them they are done. The Red team lines up at the end of the grid is is trying to score by dribbling the ball through each box and finally scoring on the goal at the end. A point is gain by each bo they are able to successfully dribble into. Once they clear a box or the defender kicks their ball out the next attacker (red) can start dribbling to score. After 1 minute the teams switch.

Objective: -Increase the players ability to beat a defender on the dribble.

Coaching Points: -Explode past the defender after your move.
-Send the defender one way with a feint.
-Recognition of when to do a move and when to dribble by.

Progression: -Add more boxes to increase the difficulty.