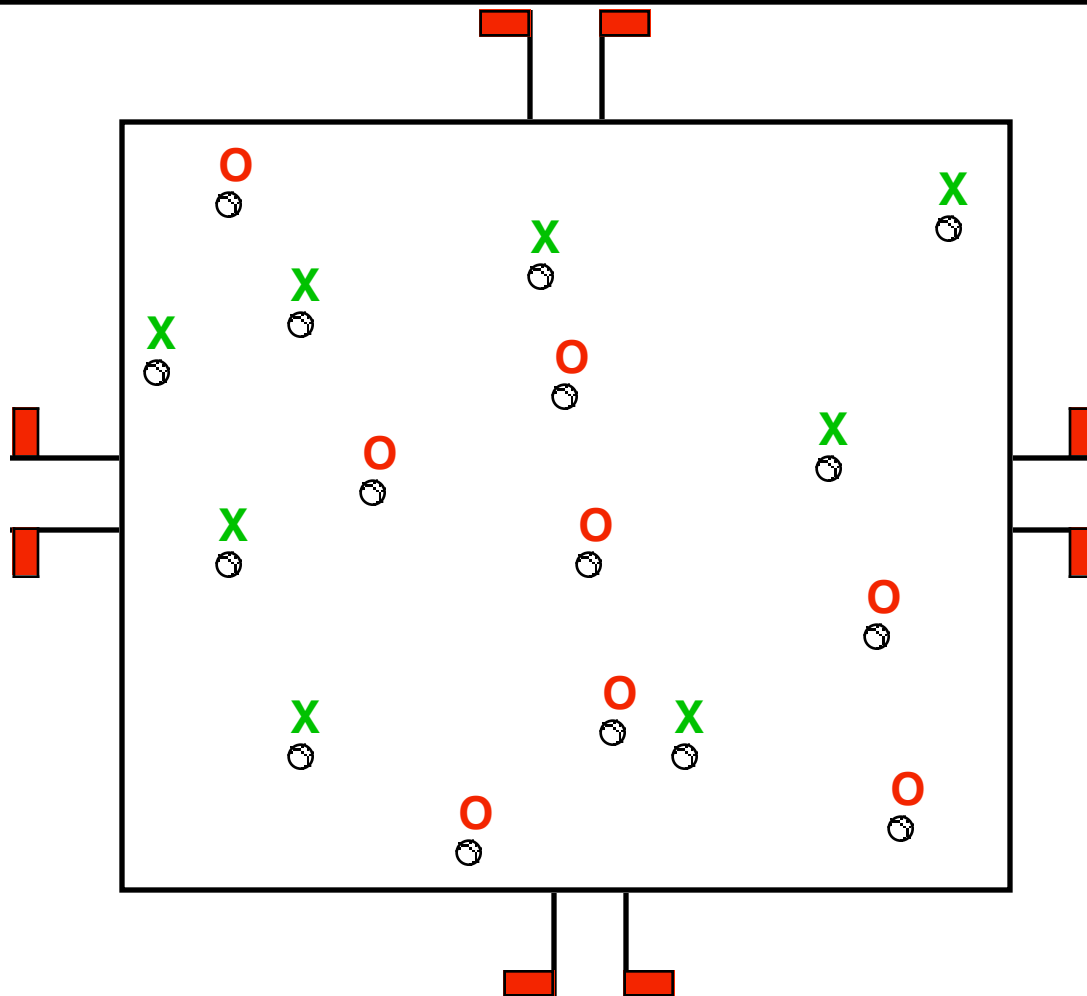


TECHNICAL: Dribbling, Defending



“Out of the Box”



GRID SIZE: 30-40 x 30-40 yards. Place flag goals in center of each sideline. Goals should be 5-6 yards wide.

NUMBER OF PLAYERS: 2 Teams of 5-8 players, all players with ball.

DRILL RUN: All players begin dribbling around the grid.

> Coach calls out Team "X" or Team "O".

> The players on the team that gets called out by the coach, leave their soccer balls and become the defending team. The team not called out becomes the attacking team.

> The attacking team players attempt to dribble through any of the goals.

> The defending team tries to knock the attackers' soccer balls out of the grid. Play for 1-2 minutes. Resume play with all players dribbling.

> Have each team serve as defenders and attackers the same amount of times. Team with most goals wins.