



Set Up: 12-20 players are set up inside of the large grid, split into two teams.

Procedure: Every player in the grid starts with a soccer ball. The players on one team try to chase down their opponents and knock their soccer balls out of the grid, using their own ball. When a player has his ball knocked out, he leaves the grid. Play ends when all of the players on one team are out of the grid, and the team that stays in the longest is the winner.

Teaching Topics:

- 1 Dribbling moves.
- 2 Feinting moves.
- 3 Turning moves.

Progressions:

- 1 Use three or four teams of 4-5 players.

Coaching Points:

- 1 Dribble with your head up and be ready to shield.
- 2 'Sell' your dribbling moves with ball and body feints.
- 3 Make sharp changes of speed and direction to beat defenders and/or create space.