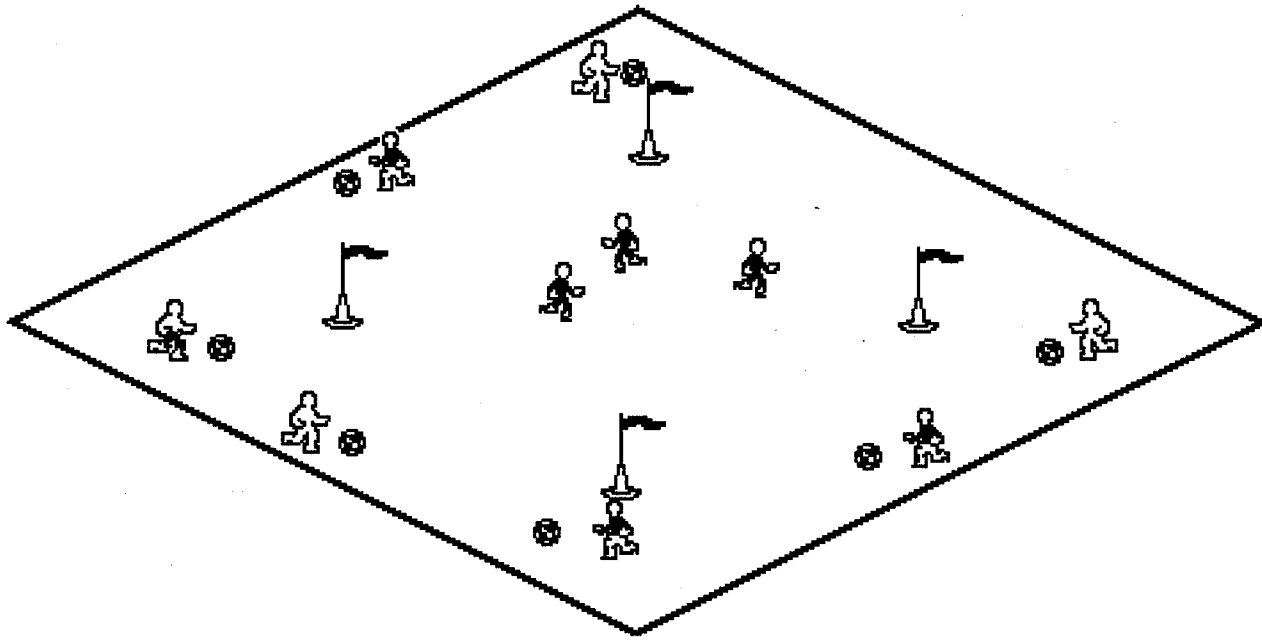


BIG SQUARE LITTLE SQUARE



BIG SQUARE LITTLE SQUARE DRIBBLING

Define two squares, one large and a second smaller but within the big one. Assign two or three defenders to the little square, without soccer balls, the rest of the team on the outside of the little square but inside the big square, dribbling their soccer balls. On command the players dribbling must try to get through the little square without the defenders stealing the ball. One point each time players get the ball across the square. If defenders win the ball they become the dribbler and the player from whom ball was taken becomes the defender. Defenders must stay in the small square.

COACHING POINTS:

1. Players must control the ball while dribbling across the square. No points should be awarded for ball kicked across.
2. Defenders must win the ball to get out. Three consecutive touches.
3. Watch which players directly confront defenders.
4. Watch for players who avoid defenders and try to sneak across.

TRY THESE VARIATIONS:

1. Let players decide when to go across. First player to get 10 points is winner.
2. Use visual cues. When John starts across all players must go across. This is player controlled and other players will have to keep their eyes up and off the ball to look for John.
3. Work your defenders as a group: They stay in till they collectively win 5 points. Then assign a new group.