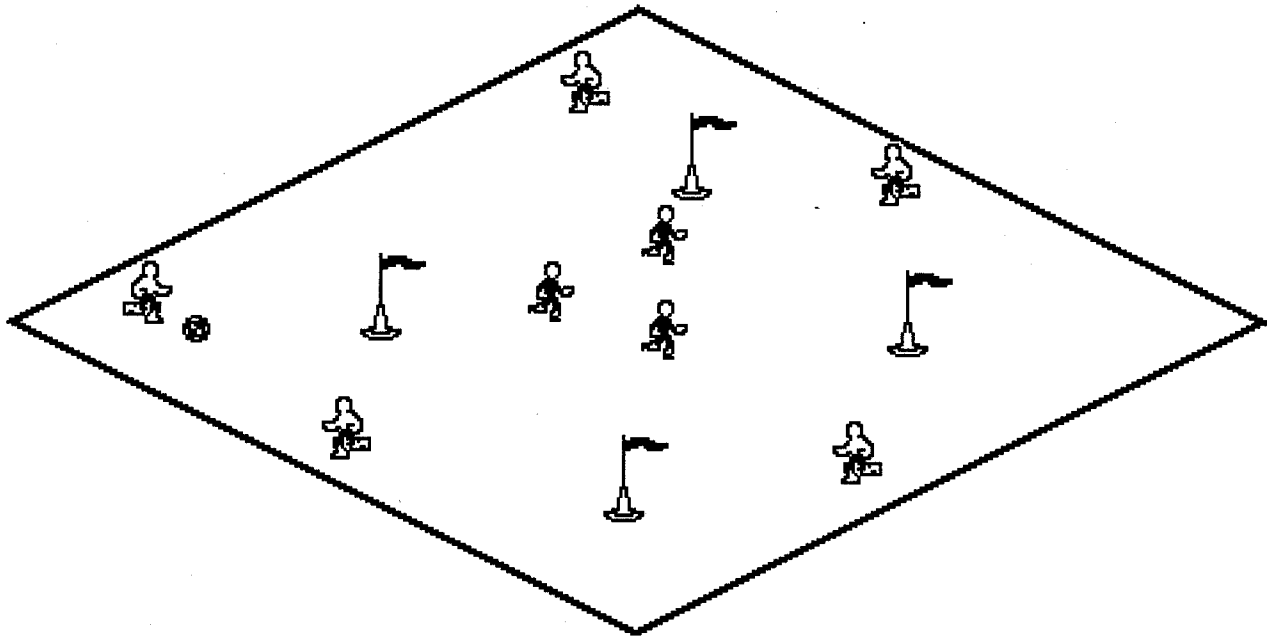


BIG SQUARE LITTLE SQUARE



BIG SQUARE LITTLE SQUARE

Same space as in earlier exercise. Play with one or two soccer balls. Players on the outside pass around and through the little square, when timing is correct one player must dribble across the square for a point. Outside players are keeping possession and changing the point of attack for best opportunity to dribble across. Defenders should work as a unit. If defenders steal the ball in the little square, then make 3 passes to each other, they are out. Attackers can win the ball back and continue to play, if stolen from defenders before three passes are completed.

COACHING POINTS:

1. Attacking team should play quickly keeping defenders off guard. Try two touch unless dribbling through the middle.
2. Attackers should move the ball around changing the point of attack so dribbler has best chance to get across.
3. Defenders should be mobile. Encourage them to communicate.
4. Defenders should defend as a unit and try not to get isolated.