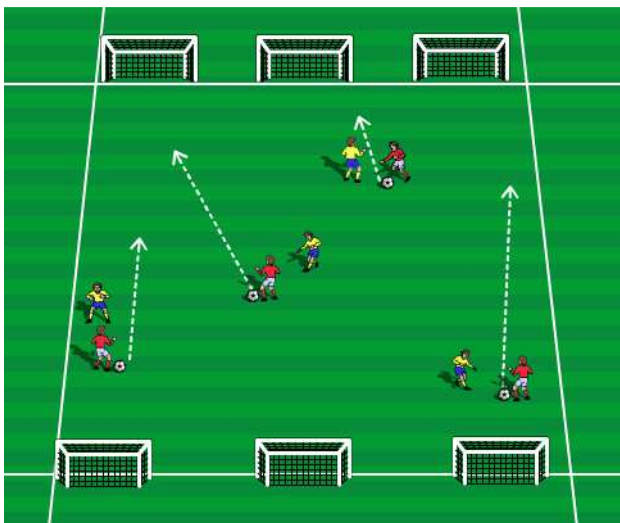




Curriculum – Camp

Activity # - 2515

Topic:	Capture the balls	Age:	All Ages
Section:	Warm up	Ability Level:	All Levels
Learning Outcome(s):	Improve players dribbling and awareness		



Organization:

1. 20 x 15 yard area as shown
2. 8 players (4 attackers, 4 defenders)
3. 1 ball per group

Description:

1. Players play four 1v1 games at the same time
2. Defending players can only take the ball from their partner
3. Attacking players can score in any of three goals at on the opposite end of the area
4. Attacking players must dribble through the goal to score (not shoot)

Coaching Points:

1. Drive at defenders front foot
2. Keep ball moving to unbalance defender
3. Speed of play
4. Protect the ball when pressured is tight
5. Use upper body for disguise

Progression:

1. P - Time limit on attacking play (10 seconds to score)
2. R - Add neutral players, combine with players in possession