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Drill Title: Soccer Dodgeball

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult) each player with a ball

Number of Players: 8+

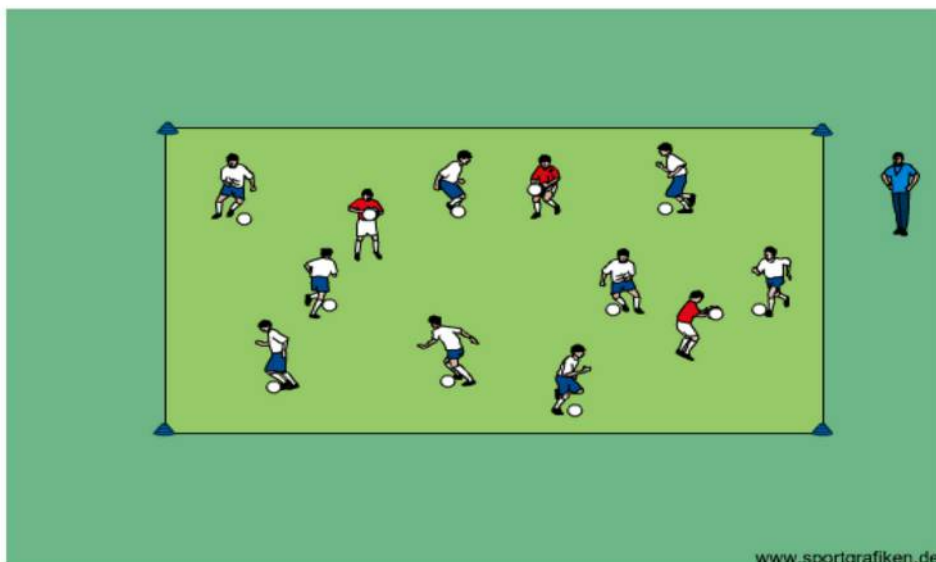
Difficulty: Easy-Medium

Time: 10-15 min.

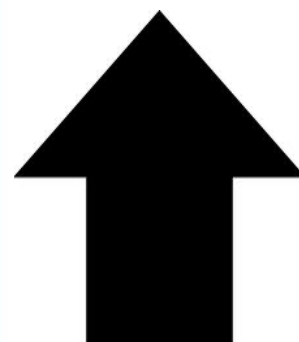
Emphasis: dribbling

Field Preparation:

each player with a ball
cones to mark off area



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Description:

1-3 taggers carry their ball and try to throw and hit the dribbler's ball

each dribbler has three lives

if dribbler's ball is hit by a ball the first time he continues the game touching the ball only with his strong foot, after the second hit he can dribble only with his weak foot and he must leave the grid to practice juggling after the third hit

last dribbler on the grid wins

Variation:

specify how hunters must throw their ball (over their head, one or two hands, left or right hand etc.)

if dribbler's ball is hit by a ball, he becomes a hunter

adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

agility and balance

deception

set up defender

change of speed & direction

protect the ball

vision

close control



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