



CAPTURE THE BALLS

Emphasis:

This game focuses on dribbling, shielding and keeping close control of the ball. It also helps the players work on their passing, defending and communication.

Game Info:

This is for ages U6-U8. It is best run with at least 4 players but no more than 16 players. The game should be run approximately 15 minutes on a small field.

The coach will also make sure they have the following equipment: cones

Setup:

Outline a 20X20 grid with cones. Set up 4 "home" bases (squares) with cones, roughly 3-4 yards apart. Each of the players needs a ball.

Instructions:

Put the players into teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases.

On the coach's command, players are free to gather/dribble as many balls as they can into their team's home base. Players can only play with one ball at a time. Players cannot stop other players from collecting the balls from other home bases.

The coach calls time and counts how many balls are in each home base to determine the winner.

Progression:

- Pass the ball into the team's home base, players still cannot stop the movement of the balls
- Players can steal balls from each other before they get to the home base, but cannot protect the balls in their home base
- Players can defend the balls in their home base, but no sitting/laying on the balls to protect them

Coaching Points:

- Focus on dribbling by moving the ball with the inside and outside of the foot
- Keep the ball close and under control.
- Heads up
- Focus on players communication skills.
- Shield the ball by using the whole body
- Pressure on the player with the ball