



## HITTERS AND DODGERS

### Emphasis:

This soccer game is great for teach players to dribble, get their heads up and understand their passing options. This soccer game is SO much fun and the younger age group players LOVE it.

### Game Info:

This is for ages U6, U8, U10 and U12. It is best run with at least 8 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:

With disk cones, outline a grid that is about 20X20 yards. You might want to make it a bit bigger or smaller depending on the age and number of kids you have. You will need to have a ball for each player; however, only 3 players start off with balls.

The remaining balls should be placed outside the grid. The three players with balls are called the "hitters". The remaining players should start off scattered throughout the grid they are the "dodgers".

### Instructions:

Instruct the "hitters" to dribble inside the grid and attempt to pass the ball to any of the "dodgers" and hit them with the ball. The "dodgers" are attempting to avoid being hit by the "hitters". If a "dodger" is hit, he must collect a ball from the extra balls outside the grid and join the hitters. The last players standing win.

### Progression:

- All players have a ball and assign 2-3 players as "dodgers". All players try to hit the "dodgers".
- All players have a ball and try to hit the other player's ball

### Coaching Points:

- The "hitters" should keep their ball in close control while getting their heads up to find the "dodgers".
- Dribble with the inside and outside of the foot
- Good passing form: using the inside of the foot with good pace on the ball.