



THE SOCCER GAUNTLET

Emphasis:

The primary focus of THE SOCCER GAUNTLET is centered on good dribbling technique in traffic which requires vision and awareness.

Game Info:

This is for ages U6, U8, U10 and U12. 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:

Make a grid approximately 20x15 yard. Instruct one defender to stand inside the grid without a ball. The remaining players will start on the end line with a ball.

Instructions:

On the coach's command, all of the attacking players dribble at speed to the other side line avoiding the defender. If the defender wins the ball and kicks the ball out of the grid, that attacker becomes an additional defender (without a ball) on the next series.

The last player to make it through the gauntlet wins the game.

Progression:

- Limit the foot the attacker can dribble with
- Use the weaker foot only

Coaching Points:

- Keep the ball in close control
- Stay in control of your body and ball
- Keep your head up to understand where the defender is and to avoid pressure
- Dribble into space to avoid pressure
- Dribble with speed when running toward the open space