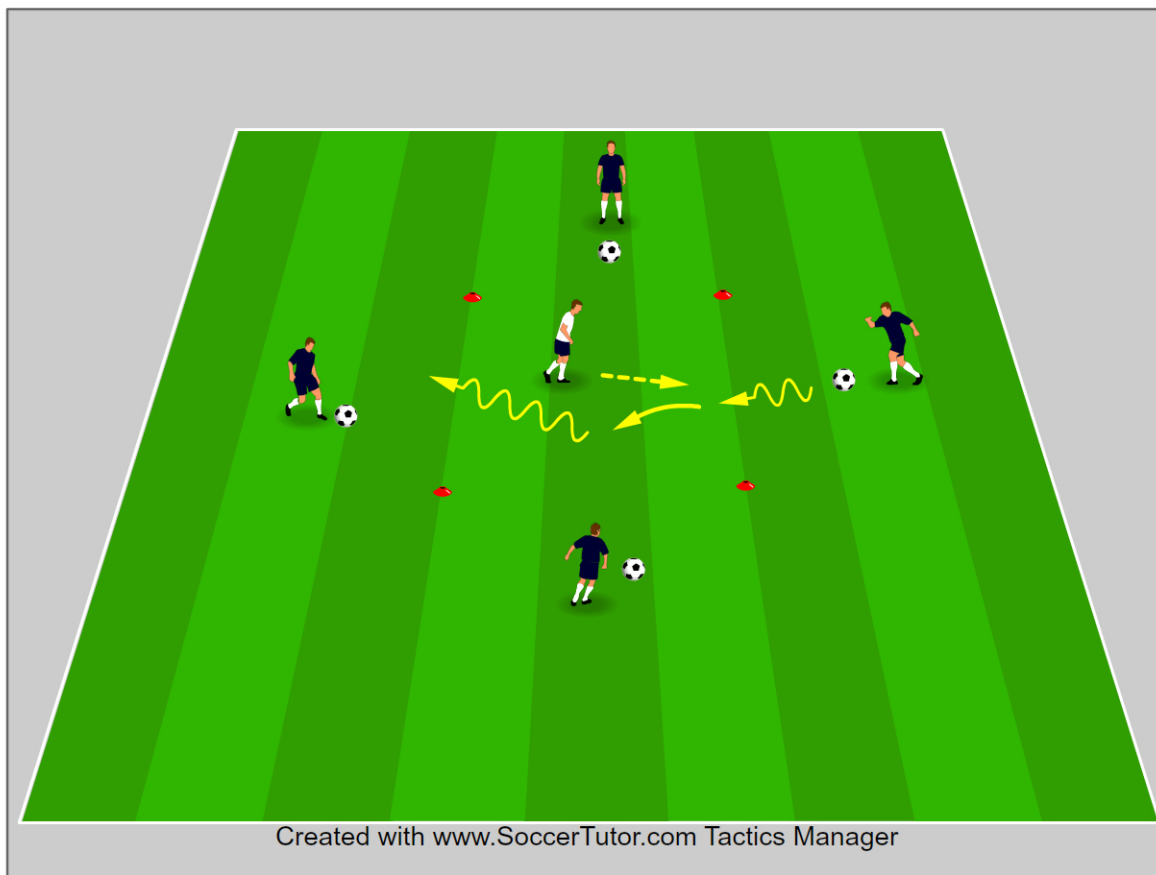


WSA The Cage - Dribbling Under Pressure U9/U10



- | | | | |
|------------------|-------------|-------------------------|---------------|
| Date: | 21/Aug/2014 | Measurement: | 30 x 30 Yards |
| Time: | N/A:N/A | Players: | 5 |
| Duration: | 15 | Level/Age Group: | U8 - U10 |
- Description:** Players are organized in groups of 5. You set up a box 8-12 yards each side. The
- The 1 player in the middle is the defender. The 4 players on the outside will attempt to dribble straight across the box. You can rotate players after the defender steals the ball.
- You can practice this exercise without ball first (tag game).
- Objective:** Players are able to dribble the ball across the field under pressure of an opponent.
- Coaching Points:**
- 1 - Keep your head up, know where the opponent is
 - 2 - Use both feet - keep the ball close
 - 3 - Change direction of the ball using different surfaces
 - 4 - Use fakes to get your opponent off balance.
 - 5 - Speed up in space after beating the opponent
- Progression:** Players score when they dribble across. Who can score the most points after playing 5 rounds (every player will defend 1 round).