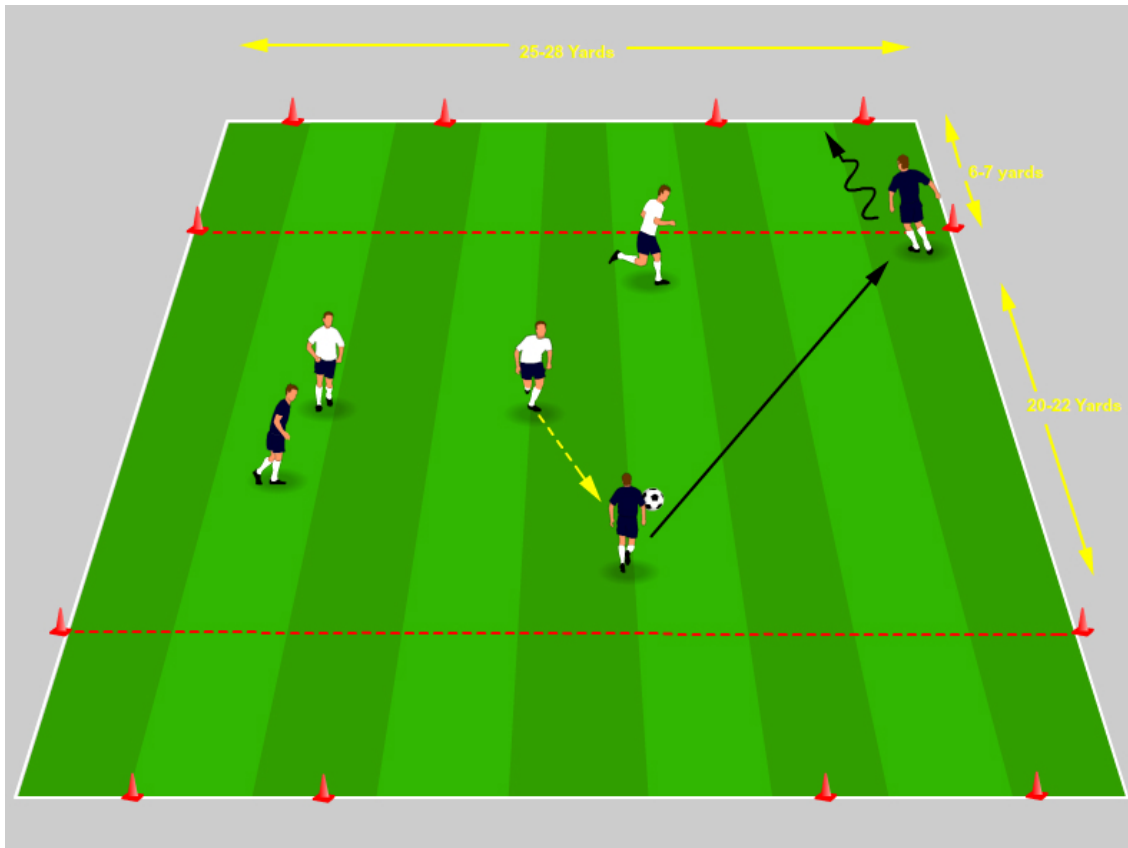




3v3 Mini Soccer - Dribble the ball through the gate



Date: 19/Sep/2014

Measurement: 30 x 40 Yards

Time: N/A:N/A

Players: 6

Duration: 30

Level: U8 - U14

Objective: Find an open player that is capable of dribbling the ball across a goal line.

Description: Teams play 3v3. You can score by dribbling the ball through 1 of the 2 gates available.

After focusing on dribbling in practice this is a great exercise to finish your practice. Players have to get a lot closer to the goal to score. This forces them to recognize when they should dribble the ball up the field, maybe take on a player or pass the ball to a team mate in an open area of the field.

Coaching Points:

- 1 - Organization / Shape - Triangle
- 2 - Opportunities to pass a ball back
- 3 - Decide when to pass or when to dribble
- 4 - Try to create 2v1 situations
- 5 - Can we use a dummy to fake out the defender and beat him/her?

Progression: Easier - Use the entire back line instead of 2 small gates.