

RAPID FIRE - DRIBBLE, FAKE, MOVE, SHOT

WHY USE IT

30x20 yards. Several cones spread randomly at one end and outside the box. 2 gates on the flanks at about 8 yard from the end zone. 2 keepers rotate to save shots. Coach positioned in the middle.

SET UP

Players dribble around in half the field, performing take on and escape moves. Coach calls out a number/name and the player dribbles toward the goal, performs a take on move and then takes a shot at goal. The attacker collects the ball from the and dribbles the ball through one of the side gates and returns to dribble in the other half. Next number is called. Players should dribble back through a different gate if 2 players are in action. Rotate the keepers as they get tired.

HOW TO PLAY

Story: The players are on safari in the dangerous Amazon jungle. Huge spiders have made a massive web and are hoping to capture all the players. On the command of 'GO', the web starts to move around the jungle (square). If any part of the web touches the players ball, the player must join the web and kick their ball out of the area. The game continues until all the players are caught in the web.

COACHING NOTES

- Coaching objectives - Players should be creative/ingenious as they dribble. Coach should instruct players to dribble by "pushing the ball" with the outside of his/her feet.
- Coaching tips - Encourage players to touch the ball every time they take a step thus ensuring the ball is always close. Instruct player to keep heads up as they dribble. Shots should always be at the corners of the goal. Diagonal shots are recommended. After the player's number are called out, the dribbling pace should be increased and ball close.

HOW TO MODIFY THE ACTIVITY

- Less challenging - Instruct keeper to stay on the goal line when shots are taken.
- More challenging: A) Players perform with non-preferred foot. B) Dribble/fake several cones before the taking the shot. C) Insist on keeper coming to the top of the box to close shooting angle. D) Call several numbers at once thus forcing the goalie to move quickly.

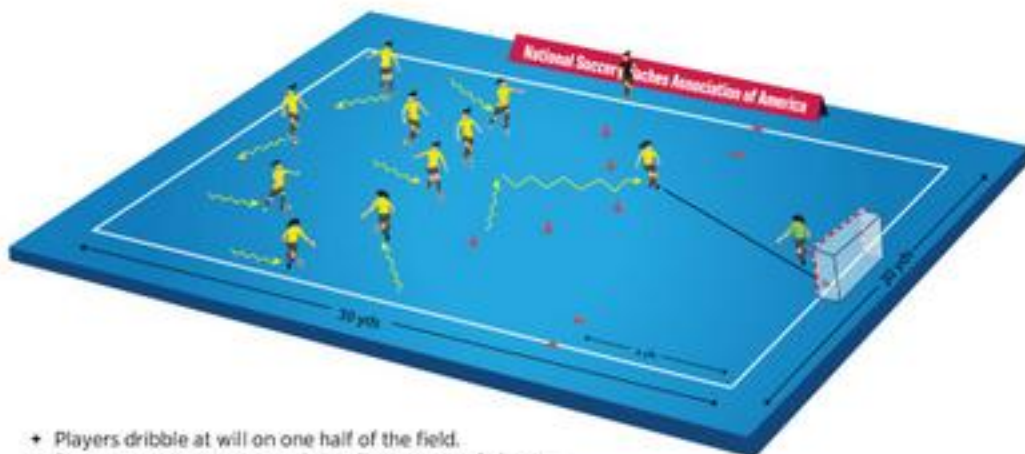
STAGES COVERED BY ACTIVITY (Refer to NSCAA Player Development Curriculum)

Stages 2, 3 & 4 - 6-14 year old players

THEMES & COMPETENCIES

Top 3 themes: Dribbling, turns and fakes and shooting.

Top 3 competencies: Turns and feints - basic, dribbling basics, attacking as an individual.



- Players dribble at will on one half of the field.
- Demonstrate some moves depending on age of players.
- Coach calls a number and that player dribbles through the cones and shoots at goal.



- Player collects the ball and dribbles back through the side gates.
- Coach calls next number.
- Repeat sequence.



- Coach calls out 2 numbers and both players dribble and finish at goal.
- After shooting, the player collect their balls and dribble through opposite gates.