

DRIBBLE THE GAUNTLET

WHY USE IT

This is a small sided game providing an opportunity for 1v1 attacking and defending, dribbling and take on moves, short passing and creating space.

SET UP

25x25 yards, with a smaller square 8x8 yards in the center. 2 defenders are restricted to the center square and attempt to prevent players dribbling through. 3 teams of 3 players attempt to dribble the gauntlet, with 2 target players on the perimeter of the large square and 1 attacker between the large square and the smaller square. Each team has a ball.

HOW TO PLAY

A target player on the perimeter of the large square makes a firm pass along the ground to the feet of the attacker inside the area. With a good positive first touch, the attacker penetrates the 'gauntlet' square on the dribble with pace. The 2 defenders attempt to win possession of the ball and make a pass to the coach on the sideline for a point. If an attacker can dribble through the square and make a pass to the other perimeter player, the team win a point. The perimeter player making the first pass into the attacker, moves into the area to receive the next pass from the other perimeter player. The attacker moves to the perimeter as soon as the ball is passed to the 2nd perimeter player. All 3 teams work at the same time to outnumber the defenders. First to 10 points and then rotate the defenders.

COACHING NOTES

- + Coaching objectives - Help players to recognize the attacking space and look for the position of the defenders. Players should use different dribbling speeds and take on moves to beat defenders.
- + Coaching tips - Utilizing an activity with multiple games occurring at one time is a great way to create challenges for the attackers and defenders.

HOW TO MODIFY THE ACTIVITY

- + Less challenging: To establish the rhythm, start with the ball in the players hands. Start with no defenders or defenders kneeling.
- + More challenging: Attackers losing possession become defenders and the defenders take the attackers place (hold pinnies for easy transfer). Allow players to play random patterns as they gain confidence.

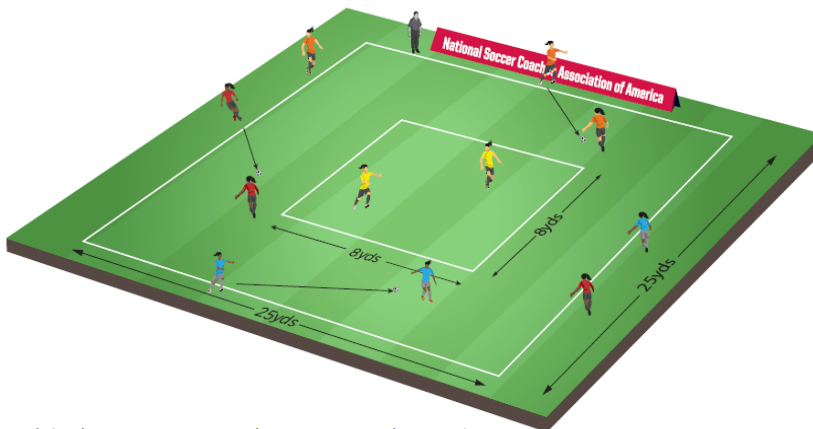
STAGES COVERED BY ACTIVITY

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

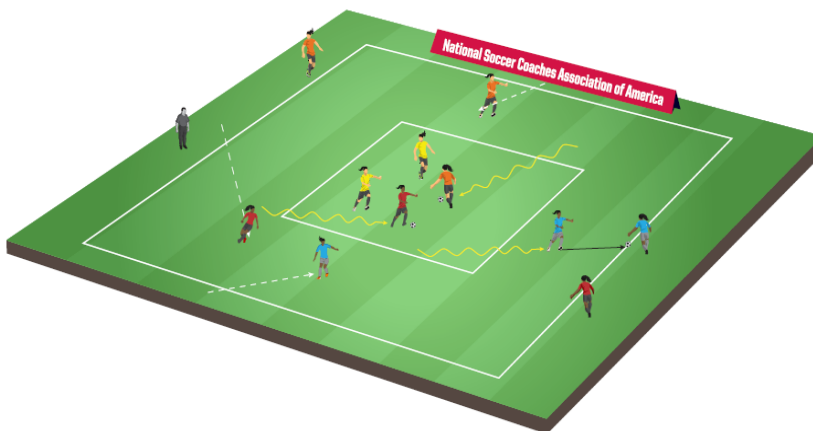
THEMES & COMPETENCIES

Top 3 themes: Passing and receiving, 1v1 defending and creating space.

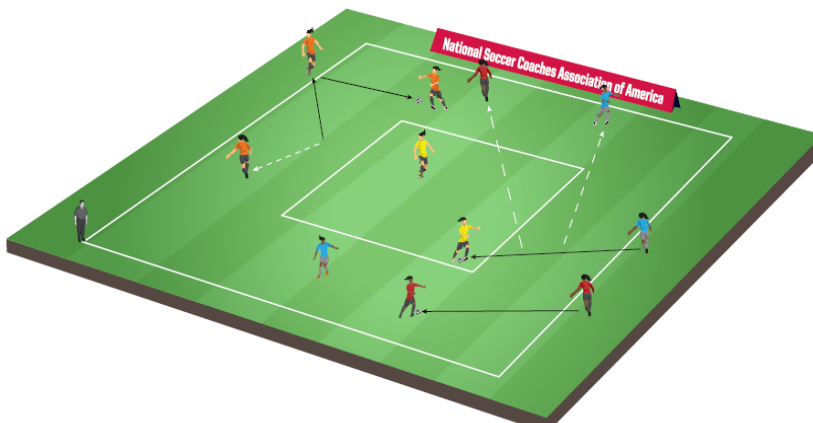
Top 3 competencies: Passing over short distances, movement off the ball & defending pressure.



- + 2 defenders start in a 8x8 yard center square (the gauntlet).
- + 3 teams of 3 attempt to combine and win points by dribbling through the gauntlet.
- + 2 target players start on the perimeter and 1 attacker between the 2 squares,



- + Once the perimeter player makes a pass the perimeter player enters the area for the next pass.
- + The attacker dribbles through the area attempting to avoid the defenders.
- + If a defender intercepts a ball, he/she must attempt to pass to the coach for a point.



- + Once an attacker has successfully penetrated the gauntlet, a pass is made to the other perimeter player.
- + The attacker immediately sprints to the outside and becomes a perimeter player.
- + The new attacker creates space and receives a pass from the target. Play first to 10 wins and rotate.