



ACTION:

Player A dribbles forward and stops the ball in the centre of the square using the underside of his/her foot. He then continues hi/her run through the end of the square and joins the other team. Player B moves forward to shoot at goal as soon as player A stops the ball. Player B collects the ball and moves to the back of the opposite team.

TIPS:

Important to stop the ball 'cleanly' so the attacker can get a good shot. Players should use the instep (laces) of the foot when striking for goal. Important that the dribbling player sprints out of the end of the square after stopping the ball.

As a progression, Player A can turn and follow in on any possible rebounds off the goalkeeper.

NOTES:



FINISHING

SET UP:

Two groups of players up to 5 per group.
5yd square as shown and starting gates for player groups.
Goalkeeper.