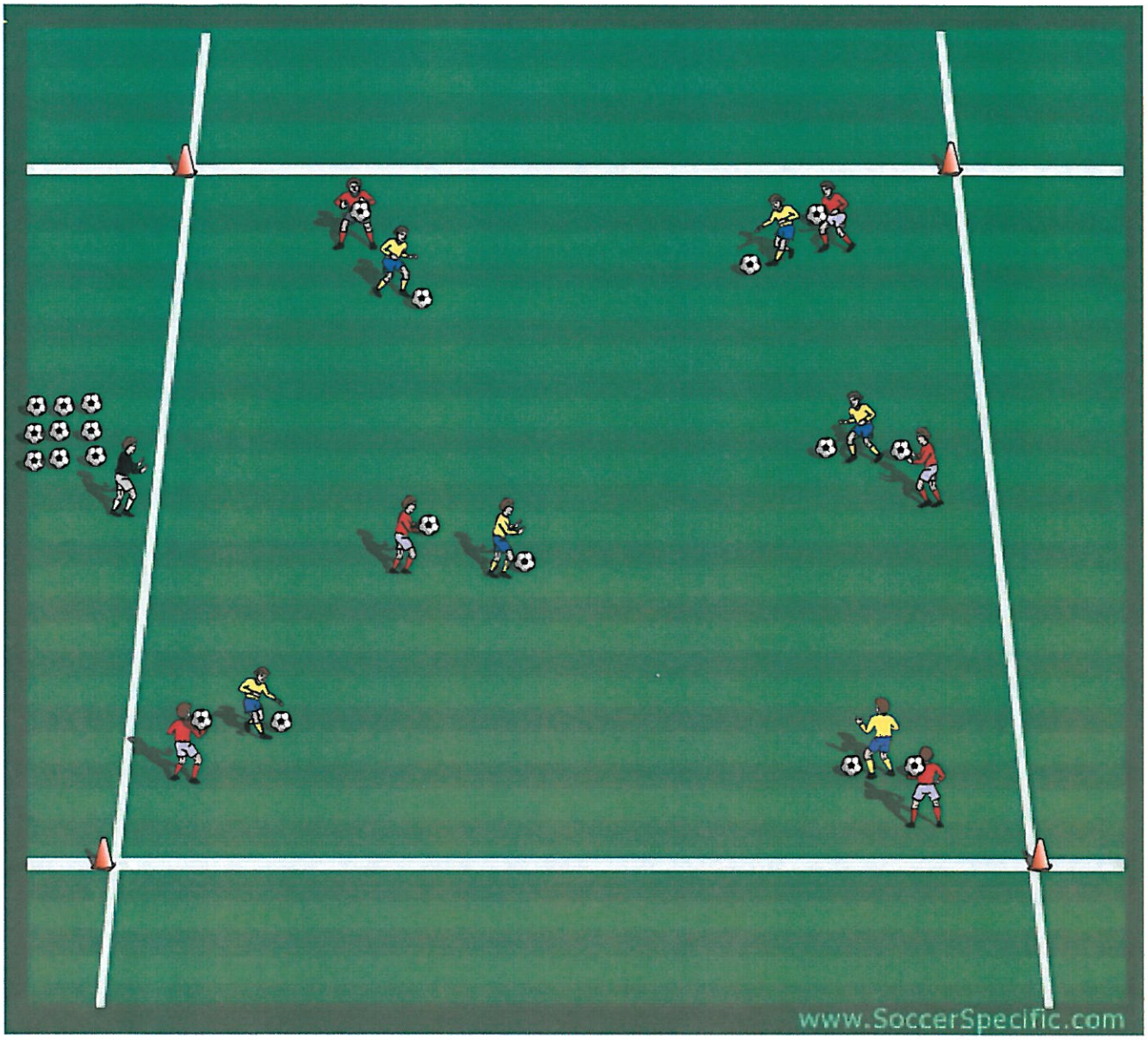

Bump the ball

Purpose- To improve dribbling and shielding

Organization
Players partner up into two's. One player picks up a soccer ball and holds it in his/her hands. The second player places the ball at their feet.
On coaches command the player with the ball at their feet dribbles the ball anywhere in the grid.
The player behind in red throws their ball and attempts to hit their partners ball. Every time they hit their partners ball, they gain 1pt.
Players dribble for 60 seconds and then swap roles
The player who scores the most points wins
Coaching Points
Keep the ball close
Be sideways on and knees bent for a low centre of gravity, to turn and move into space.
Be sideways on so you can see, hear and feel your opponent
As partner is throwing the ball, turn and dribble into space

MILL WOODS SOCCER ASSOCIATION M.M. U6