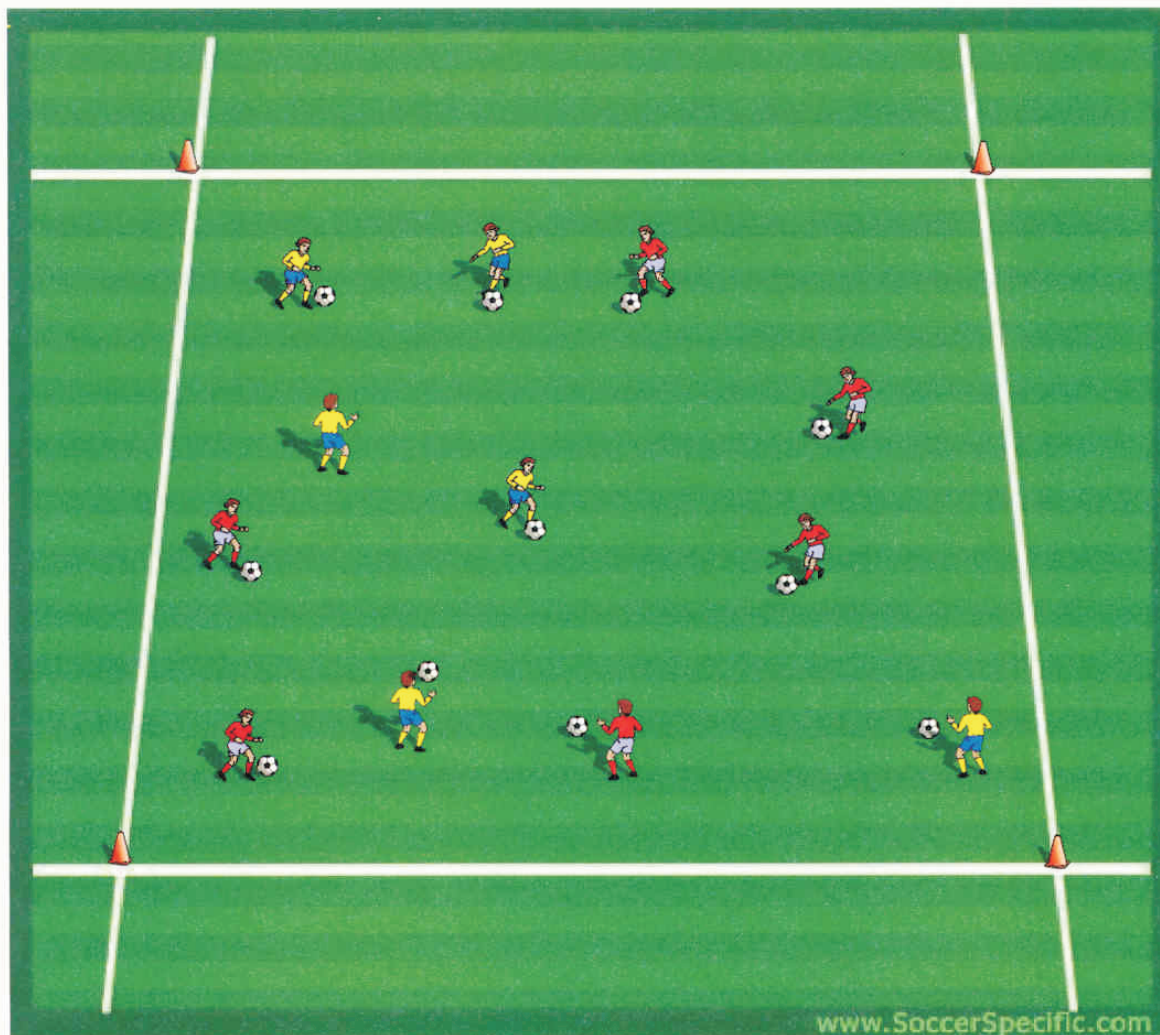


Bombs Away



20 x 20 grid

Purpose: Focusing on both dribbling and shielding of the soccer ball

Organization

1. Divide teams into two. Red and Yellow as show above
2. Each player has a ball and dribbles it around the grid
3. On the coaches command “Bombs Away” the players have to try and kick their opponent’s soccer ball out of the grid, while maintaining control of their ball
4. Once your ball has been kicked out of the grid, stand by the side watching the play until the next game
5. Winning team is the team who has the last player and ball under control in the grid

Coaching Points

1. Keep the ball close
2. Keep your head up to see opponents
3. Protect your ball by hiding (shielding) it from the opponents on the other team