

## Dribbling: Small-Sided-Game #2

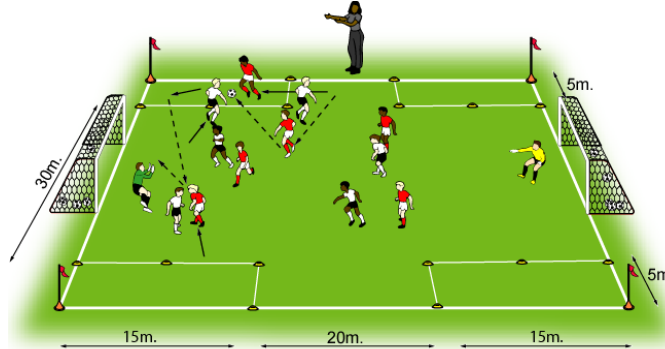
**Small-Sided-Game:**

**7v7 Dribbling Game.**

**20 minutes**

**Organization:**

- Two teams of 7 including the GKs
- Playing field of 50x40m. to encourage dribbling.
- Markers to indicate crossing zones where only one player at a time can enter and be unchallenged.
- One goal at each end



**Coaching Points:**

- As with previous exercise.
- Try to cross early to avoid the block
- If blocked, create ½ metre of space for the cross by using various dribbling techniques.
- Fake to pass go for cross.
- Fake to cross and pass.
- Be composed and protect

**Description:**

1. This game is designed to get players accustomed to playing in tight areas and dribbling or combining with other players to create scoring opportunities. Initially these scoring opportunities must be created from the crossing zones by means of a cross or a pass to a teammate who must shoot with three touches or less. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line.
2. **Variation:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played
3. **5 Minute Cool Down at the end of the game**

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