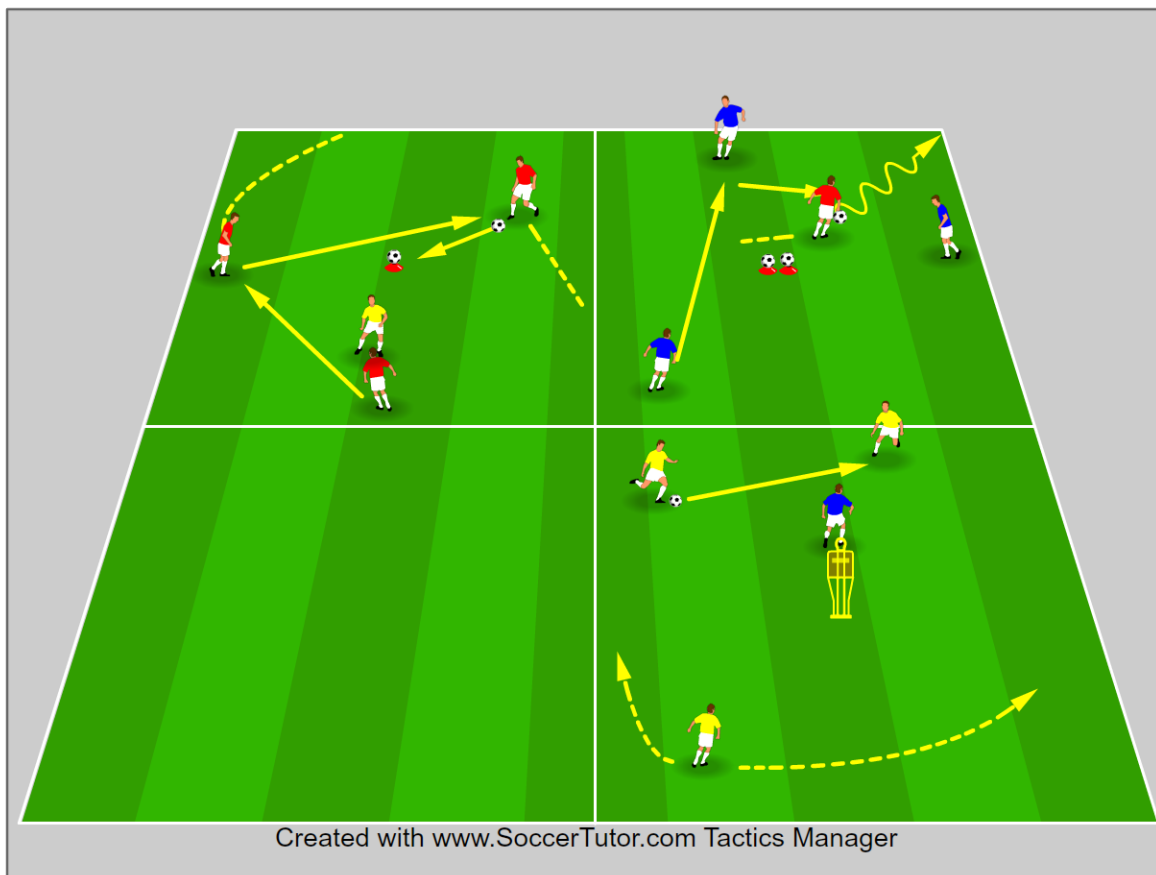


Barrel Ball



Date:	13/Oct/2014	Measurement:	20 x 20 Yards
Time:	N/A:N/A	Players:	12
Duration:	20	Level/Age Group:	U8 - U10

Description: In a 20x20 grid there are 3 attackers vs 1 defender. The attackers objective is to keep the ball away from the defender while trying to not the soccer ball off the cone in the middle. If the attackers are able to knock the ball off the cone then they are awarded a point. If the defender wins the ball and is able to dribble out of the grid then they are awarded a point as well.

Objective:

- Improve players ability to maintain possession.
- Improve players ability to strike and receive on the move.

Coaching Points:

- Drive through the middle of the ball (technique of a long ball).
- 1st touch away from pressure (defender).
- Receive the ball in a position to see target and the ball.
- Strike the ball with the inside of the foot.
- Quick movement after your strike (Don't watch your pass).

Progression:

- If the defender just sits and guards the ball award the attackers point by connecting consecutive passes.
- Vary the numbers depending on your session topic 1v1, 2v1, 2v2 etc.