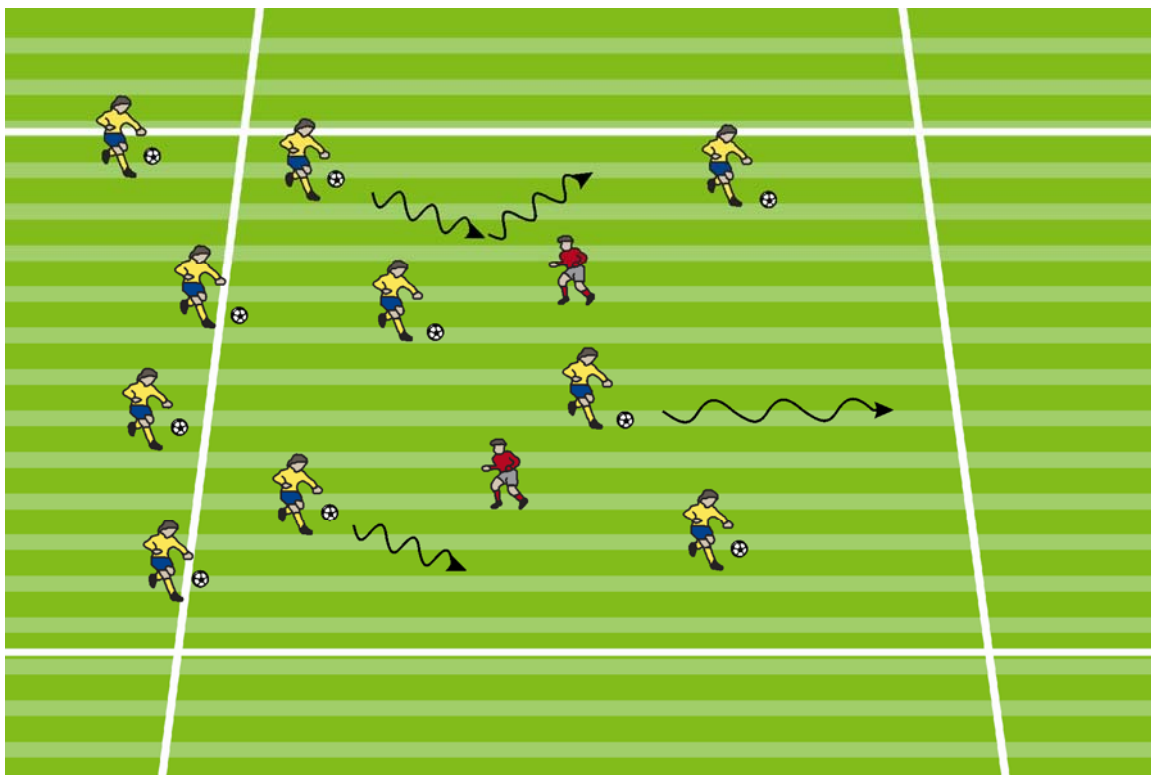


Bulldogs



Organization:

The players stand on one side of a 30 yard grid, each player has a soccer ball. Two defenders are placed in the middle of the grid and attempt to stop the dribblers from reaching the other side. The level of opposition that you allow the dribbler to provide will depend upon the age and experience of the players. Begin by not eliminating players who are tackled - allow them back in to the game and award a point to the defenders.

Progression:

1. The defenders: act as crabs; walk; hop; jog.
2. Now if a defender can tackle you and pass your ball out of the grid, you become a defender.

Coaching Points:

Use changes of pace and rapid changes of direction to fool the defenders.
 Attack the space behind the defender with speed.
 Keep your head up - glance down and use peripheral vision.