

Treasure - submitted by Susan Vaughan, Aston Youth SA TOPSoccer

Objective To retrieve a ball, dribble, and score a goal.

Description

Field: 10x20 yds with goals at each end of the field.

Put all soccer balls in a 4x4 square in the center of the field. Players are split into two groups using pinnies. Place a matching pinny in the their own defensive goal. All of the players line up in front of their goal. When signaled to start, all players run to the square, select a ball, dribble to the opposite goal and shoot the ball into the net. Once all of the balls have been removed from the square, someone from each team counts how many balls are in their goal and the team with the most wins. Variations:

Dribbling
Defending Principles
Shooting

- Easy - Run to the square, retrieve a ball using hands, and throw the ball into the goal.
- Moderate - Send one player at a time (relay race). Once first player shoots, second player in line may go.
- Difficult - With one ball in the middle (remove square). Assign each player a number. Call out one number. The respective players from each team advance to the ball. Start with 1v1, progress to 2v2, etc. Encourage defense.

Coaching Points

Soft touches on the ball.
Dribble with control, keeping the ball close.
Head up to know your position on field.

