

### IN THE ZONE (SMALL SIDED GAMES)

#### SETUP

1. Create an area up to 50m x 30m. Modify the size depending on the number of players
2. Set up a 5 yard end zone behind each end line
3. Divide the players into two teams with bibs
4. Place as many balls as possible around the area for fast re-starts



#### HOW TO PLAY

1. Each team aims to keep possession of the ball until they see the opportunity to dribble into the opposition's end zone
2. Players are not allowed to stand in the end zone to receive the ball. Defenders are not allowed in the end zone to defend
3. Players only receive a point if they dribble the ball and stop it anywhere in the end zone

#### PROGRESSION

- INTERMEDIATE:
- Specify which foot can be used to pass or dribble
  - Specify the part of the foot that can be used to dribble
- ADVANCED:
- Limit the number of touches players can have
  - Specify the number of players that have to touch the ball before a 'goal' is scored

#### OUTCOMES

- Dribbling and changing direction with the head up
- Dribbling using different parts of the foot
- Passing over short distances with both feet
- Awareness of space to move into to receive and keep the ball
- Defending skills