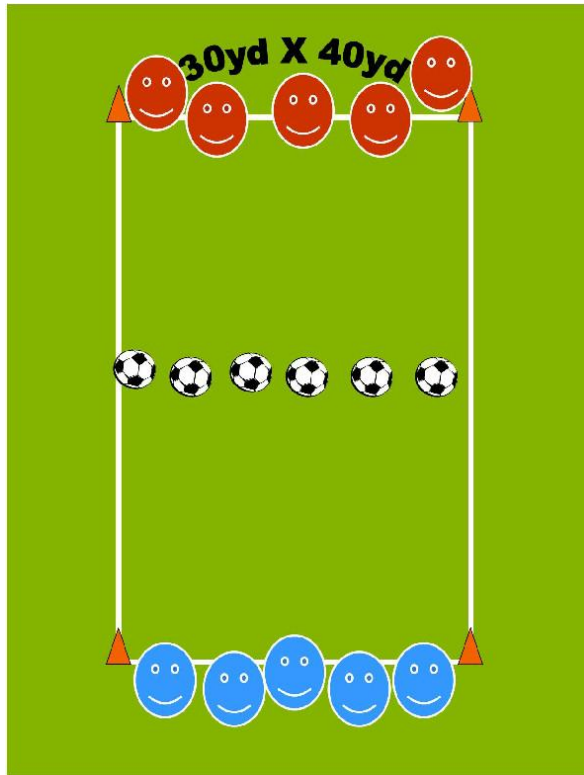


Braveheart (U6 and up)



Create a large soccer-shaped grid (possibly the size they will play games on) and have two teams line up at opposite ends. Place a row of soccer balls in the center of the grid. The objective is for each team to race to the soccer balls and dribble them to the opposite end line (ex. Blue wants to dribble the soccer ball to the red team's end line). The team that gets more to the opposite line wins.

Variations:

1. Allow all players to strip their opponents of the soccer ball.
2. Allow each team to designate one or two players as defenders.
3. Allow some players to dribble and restrict others to only pass.

Focus:

Players should focus on quickly getting to the ball and then dribbling with their heads up but with speed. Players will increase their dribbling speed if they push the ball further from them as they dribble. As defenders approach, players should shorten the distance they are pushing the ball away.