

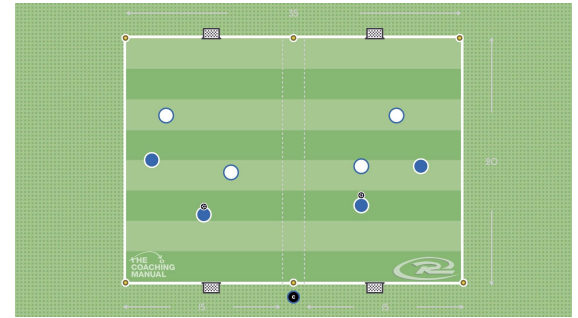
Micro Division - Attacking, Progress: Dribbling, Avoiding, & Shielding Through a 1v1 / 2v2 / 3v3

Written by Rush Soccer

20 mins 8 players 8 balls 8 bibs 6 cones
35 x 20 area

GAME PHASE & COLLECTIVE ACTION

Attacking, Progress: Unbalance disorganize opponent to advance the ball forward with distinct advantage.



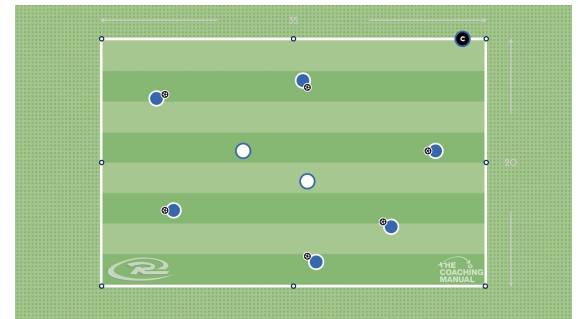
Micro Division - Attacking, Progress: Dribbling, Avoiding, & Shielding Through A Knockout Game

Written by Rush Soccer

15 mins 8 players 8 balls 8 bibs 4 cones
20 x 15 area

ORGANIZATION & DESCRIPTION

On the same field (one of them), give all players a ball except to one or two of them. The players without a ball must kick other players' balls out of the grid. Allow players to re-enter after completing an assigned skill (i.e. 10 toe touches, stepovers, etc.). If the two players knock all balls out they win. Play 90 second rounds with breaks to ask questions, share strategies, and change roles



Micro Division: Attacking, Progress - Shielding & Avoiding Through A 3v3 (U6) / 4v4 Scrimmage

Written by Rush Soccer

25 mins 8 players 8 balls 8 bibs 8 cones
35 x 20 area

RUSH WAY

Application of the eight principles of the Rush Blue Thread. Player Acknowledgement Expected. Greetings. Style Of Play (we want to score goals!). Player Position (by not having positions).

