

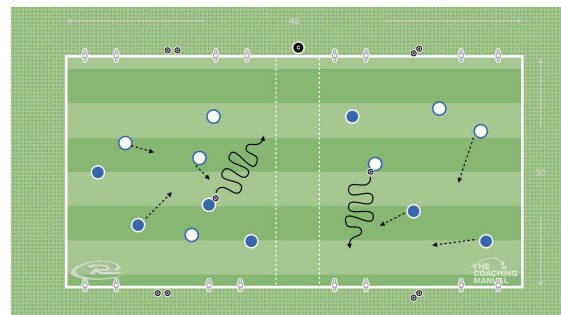
## Youth Division: Dribbling In A 3v3 / 4v4 Dribbling Through Gates To Score

Written by Rush Soccer

20 mins    14 players    8 balls    14 bibs    8 cones  
30 x 45 area

### GAME PHASE & COLLECTIVE ACTION

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



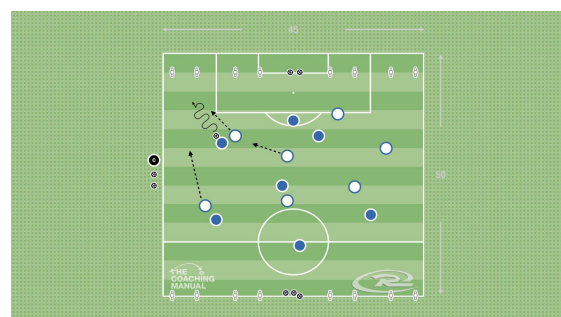
## Youth Division: Attacking - Progress - 7v7 Dribble Through Gates To Score

Written by Rush Soccer

20 mins    14 players    10 balls    14 bibs    8 cones  
50 x 45 area

### ORGANIZATION & DESCRIPTION

Expand the previous activity to 50 x 45, unifying fields onto a larger one. Now play 7v7 with no goalkeepers with the same objective, dribbling through the gates to score. After 10-15 minutes, you can make a one minute water break and use guided questions again.



## Youth Division: Attacking - Progress - 7v7 Scrimmage To Dribble

Written by Rush Soccer

35 mins    14 players    10 balls    14 bibs    8 cones  
full 7v7 field Or 60 x 40 yards area

### ORGANIZATION & DESCRIPTION

Play a 7v7 scrimmage, rules of the game, with one simple condition: players are only allowed to score from within the big box. After 15 minutes, make a short water break to review concepts, and remove that condition and let them play freely the rest of the session. Check for understanding. Coach positively and on the flow. Teams play 2-3-1 formations.

