

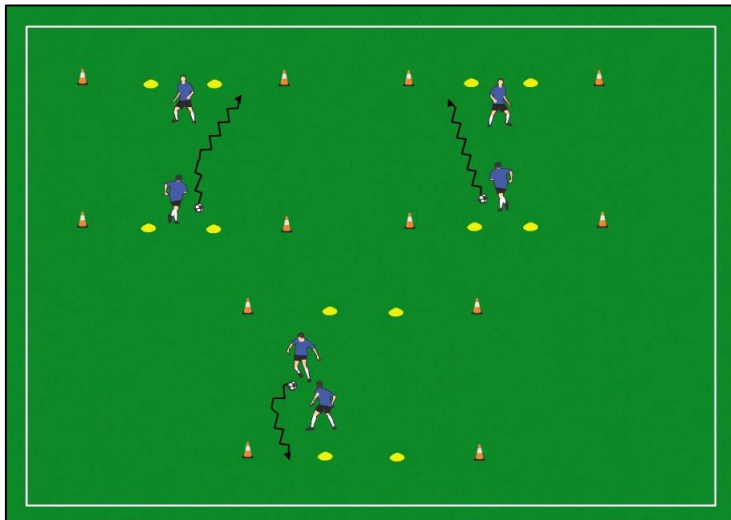


Difficulty level ★☆☆

Core skill: 1v1

MINI GAMES

Middle activity



Activity

Players form pairs and stand in each grid opposite their partner.

The attacking player tries to dribble around the defender and across either the left or right gateway.

If the defender wins the ball they run through the left or right gate of the opposing team.

Set Up

Set up separate areas approximately 8m by 5m. Each by-line is divided into three gateways. There is a small gateway in the middle 1m wide & two gateways on either side approx. 2-3m wide.

Perform a feint, sidestep, or step over to create space & get away from the defender.

Accelerate once you have created space from your defender.

Use the furthest foot away from the defender to take the ball over the end line.