

Game of the Week

4- Corner Charge

Purpose

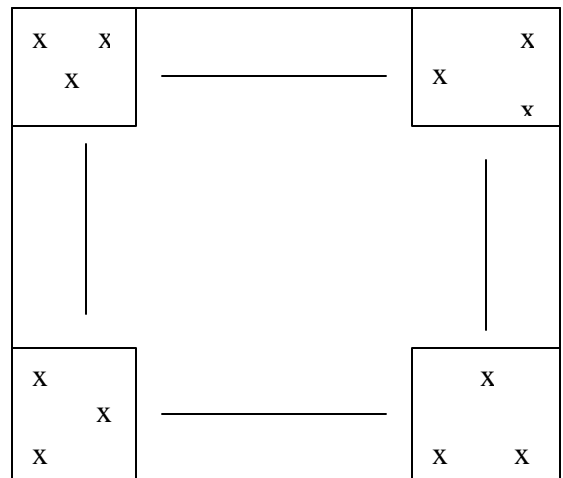
To develop passing and running with the ball. Also to develop the idea of transition.

Organization

Set out a 20 x 20 area with 5 x 5 yard grids in each corner representing 4 MLS teams. Station 3 players in each of these corner areas. 1 Ball per player.

Game Objective

The object of the game is to encourage movement with the ball. On the command of “change” players run with their balls from their area into another area. The 1st team to arrive in a new area, gets a point.



Progressions

- After Arrival at each new area, players must do a move or a turn.
- Players run the ball around all the areas and then back to their original area.
- Make them run diagonally across the area.

Coaching Points

- Running with the ball using their laces, not the inside of the foot.
- React to the shout of “change”
- Use different turns, inside, outside and bottom of feet.
- Ball should be 2-3 feet away when running with the ball.
- Cover ground at speed.