

## **U8 and U10 Game of the Week**

### **'Run The Gauntlet'**

#### **Purpose**

To develop dribbling, deception, feints and beating opponents.

#### **Organization**

Set out a 10 x 30 yard area in 10 x 10 grids. In groups of six with one ball per group, position attackers & defenders as shown in the diagram. Repeat in another area for a total of 12 players.

#### **Game Objective**

Player 1 is in possession of the ball. Player 1 must beat defenders 1 and 2, who each defend their line (they must stay on their line). When they advance into the goal scoring area beyond the final defender they must shoot on goal. Rotate positions.

#### **Progressions**

- Defender can enter the area only when the attacker enters the square.
- All three attackers combine. Defenders may now move around in the 10 x 10 area in which they are stationed.

#### **Coaching Points**

- Attack the space to the side of the defender
- Are the attackers creating space off of the ball by making diversionary runs?
- If the defender gets in a good position, shield the ball until you can turn.