

War



The Game

- Dribblers (in Red) try to dribble through the three zones occupied by the blue defenders.
- Defenders must stay in their zones and try to kick any ball they intercept out of bounds.
- Dribblers go three at a time. If the dribbler ahead of you in your line gets their ball knocked out, you may start right away.
- As soon as the dribbler in front of you moves to the next zone, you can also go.
- After beating the last defender, the dribbler must shoot the ball into the goal to get a point for their team.

Coaching Points

- Good dribbling technique.
- Look for an opening..perhaps sending a teammate in early to act as a decoy, then, when the defense opens up, take that clue to penetrate.

Variations

- Put a "free zone" between each zone shown. The free zone can be 5 yards wide.
- Once the dribbler gets in the free zone, they can rest before they take on the next defender.
- You can also have people that make it into the free zone, leave their ball and assist the next person to try to get past the defender by passing.