

# “Team Flag relay”

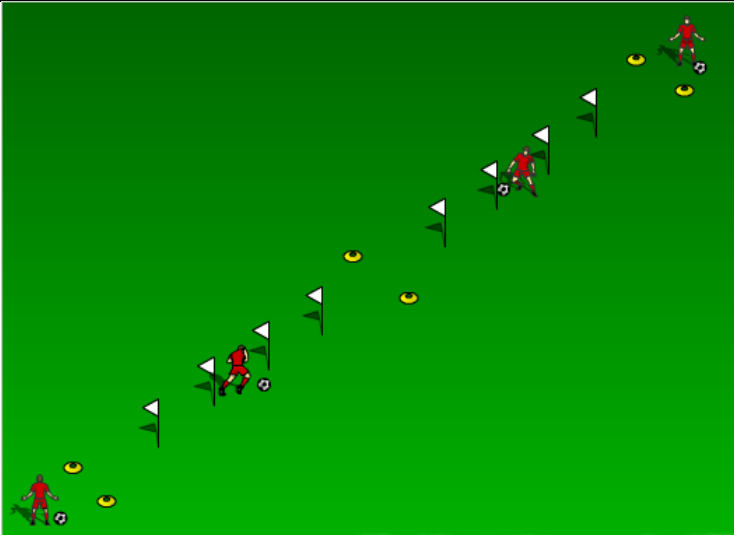
*East Central Soccer District Academy Curriculum*

**Curriculum Topic:** Dribbling

**Primary Objective:** To build speed and accuracy in dribbling with some pressure

**Duration:** 10 minutes

**The Basics**



**Organization**

Break group into smaller groups of 3-5 in size.

For each group of 3-5 players:

- A flag/cone slalom course, with 5’ wide cone gates in the middle and at each end.
- 2 sets of 4 flags, placed 6’-8’ from the cone gates and from each other.
- 1 ball per player.
- Half of smaller group at one end cone gate, half at other.

**Activity**

At coach’s signal, first player at each end dribbles through the flags toward the middle. When they reach the middle gate, they exchange balls with teammate coming from other direction, turn and dribble back through the flags they just came through, through the end gate and to the back of the line.

When 1<sup>st</sup> player crosses cone gate, next player begins.

**If one player arrives at the middle gate before the other, she can stop her ball at the middle gate and check to the player dribbling toward her to get the other ball (instead of standing and waiting until the other player gets to the gate).**

Inside and outside of both feet used for dribbling.

Try to shield ball from flag (defender).

Have races between groups to encourage speed.

**Mod Coach Pts**

For advanced players, require a move be made around one of the middle cones before returning.

**Prog**

Only 2 balls per small group, and move starting gates back 10’, require a pass through the end gate to allow the next player to begin. Next player should run through the gate to meet the ball and make a positive first touch toward the flags.