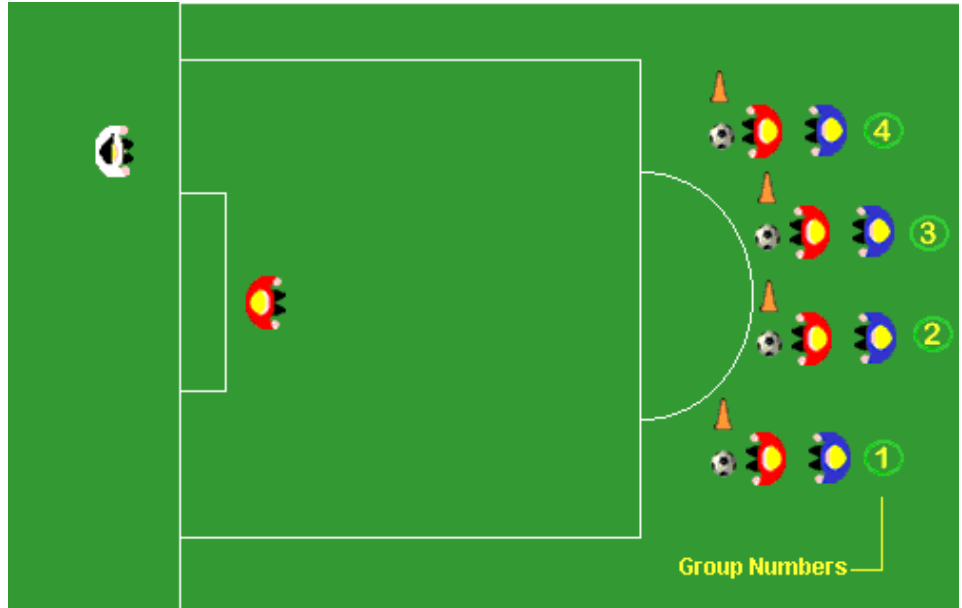


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1. CHASER

- Group players in pairs next to a cone which is placed approximately 20 - 25 yards from goal.
- Pairs are positioned as shown in animation to the right.
- The first player in line has a soccer ball at his/her feet.
- The second player in line is approximately one yard behind his/her partner.
- All players face the goal.
- The player with the ball at his/her feet starts out as an attacker. (red player)
- The blue players start the competition out as the chasing defender.
- Each 2 player's group is assigned a number.



- To start the competition, the coach shouts out a group number and once a group's number is shouted, the 2 players in the group become active ... the red player (attacker) immediately begins dribbling the ball towards the goal and attempts to get a shot on goal. The blue player (defender) attempts to steal the ball or block the shot of the attacker.
- If the defender steals the ball from the attacker, the defender becomes the attacker and attempts to shoot on goal. The player that lost the ball then becomes the defender.
- After a player has gotten a shot on goal, the coach shouts another group number. Keep players moving/active ... one group after another.
- After a group has gone, players must walk around the field of play to get back to their designated starting point/cone.

2. COACHING POINTS

- Attack the goal at speed and get off a quick shot.
- Dribble in the oncoming path of the defender ... using your body as a shield to deny the defender access to the ball.
- **NO SLIDE TACKLES FROM BEHIND!**

2. VARIATIONS

- Change the pairs starting points from 20 - 25 yards to a longer distances.
- Lengthen the one yard starting distance between the attacker and defender.

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