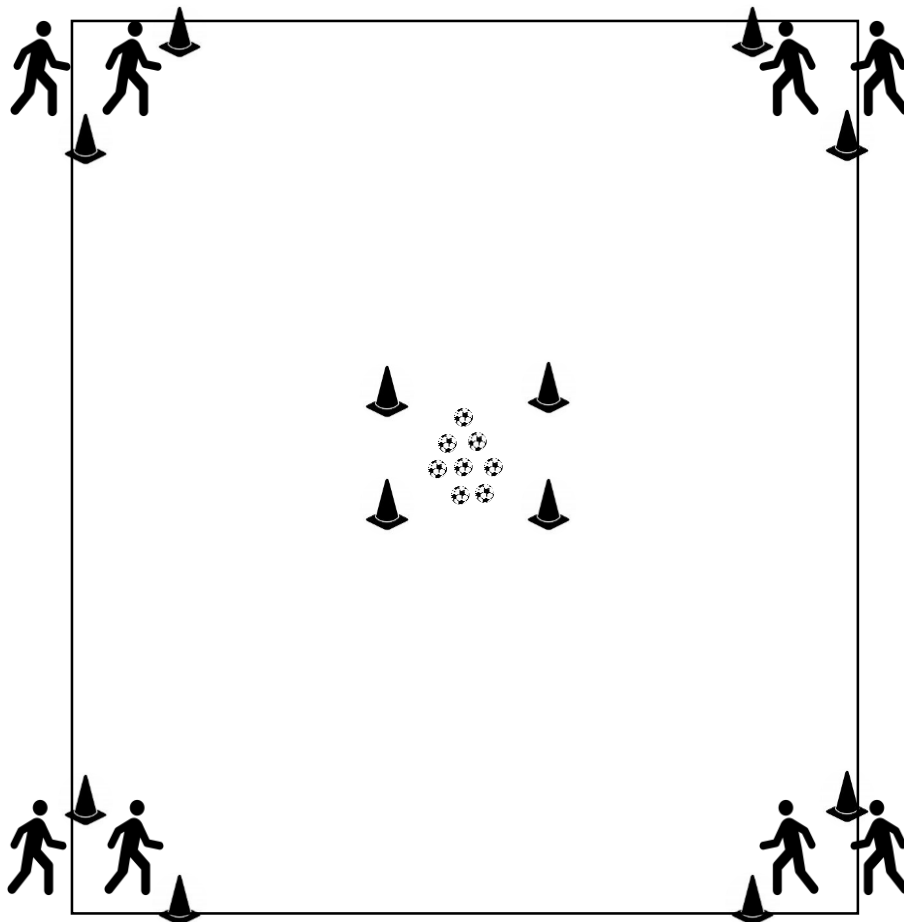


Raid the Castle

Setup – Create a field approximately 20 x 20-yards. In each corner, use cones to make a triangle with sides 3 feet long. This is the “Castle”. Use cones to make a 3 x 3-foot square in the middle of the field. This is the “Moat.” All the player’s soccer balls start in the “Moat” and the players are in the “Castle.”



Game – Players are in pairs and start at their Castle. When you say go, the first player will run to the Moat and dribble a soccer ball to their Castle. The player must stop the ball, using their feet, inside their Castle and then high five their partner who will do the same.

Once the balls are all gone from the moat, the first player will Raid one of the other Castles by taking a ball, dribbling it back to their castle, stopping the ball using their feet inside their castle, and then high five their partner who will do the same. Players cannot dribble through the Moat and must go around it. Players waiting to be high five cannot prevent other players from taking a ball from their Castle. Play the game for a couple of minutes. The team with the most soccer balls in their castle when time is up, wins. Rotate one of the players to the Castle to the right and play again.

Progressions – 1) Once the players have all the balls out of the Moat, have them Raid the Castles at the same time. 2) When all the balls are removed from the Moat, stand in the Moat. You are the Alligator and when players come near the Moat, you try to reach out with your leg to kick their ball away. You are creating pressure and forcing players to use the sides of the grid and not go straight through the middle.

Coaching Points – Players will figure out that they will have to dribble with control and not just as fast as possible because they will need to stop the ball inside their castle. Because there will be three other teams dribbling through the grid and not being able to go through the Moat, player will be forced to dribble with their head up in order to see where the “pressure” is coming from and avoid dribbling into other players. Players will start to use multiple parts of their feet to dribble as they are constantly changing speed and direction.