

KEEP AWAY

GAME DETAILS:

Theme: Ball Protection, Cradling

Field Location: Any

Field Position: All

Time Needed: 5+ minutes

Athlete Development Stage: All

OBJECTIVE:

Players keep the ball away from the opposing team.

DESCRIPTION:

Players gain (or maintain) possession of the ball for as long as possible (or a duration of the coach's choice).

EXECUTION:

Set up balls and multiple cones 10-15 yards apart. For one-minute intervals, the team with more players must keep possession of the ball. Defenders (D) may use any age-appropriate legal tactics to try and gain possession of the ball. The Offense (O) receives one point for keeping possession and the Defense receives a point for either forcing an O outside of the box or acquiring the ball.

SKILLS PRACTICED:

- Cradling, Dodging, Stick Protection, Defense

VARIATIONS:

Set up teams with odd number of players to work on man down/man up situations. Have players use different dodge types. Defense can check or use other age appropriate defensive tactics as necessary.

DIAGRAM:

