

Drill Number	50	Min Age Group:	U7
		Min # of Players	2
Drill Name	Dog Fight	Min Time Required	10

Description
 Setup:
 Two lines of players on each side of goal. All the balls are in the net. Split players into 2 even teams. Each team lines up to the side of a goal post.

Description:
 To start the game, the coach throws the ball just past the top of the penalty box. When the coach throws the ball onto the field, the first player in line from each team runs out to the ball and they begin to play 1 vs. 1 to goal. First player to the ball gains possession of the ball, turns with the ball, attacks the defender and tries to score.

Second player to the ball defends and attempts to steal the ball. If the defender steals the ball, he/she becomes the attacker and tries to score while the former attacker defends.

Coaching Points
 Get to loose ball quickly.
 Attacking players, gain possession of the ball, quickly turn and attack the defender at speed, make one quick move to get by the defender and shoot.

Defending players ...
 Try and not let the attacker turn with the ball and try to steal the ball when the attacker has his/her back to the goal. If the attacker is able to turn with ball, channel the attacker to the outside, away from the goal so the attacker has a bad angle when he/she shoots.

- Dribbling**
- Footwork**
- Shielding**
- Passing**
- Receiving**
- Defending**
- Tackling**
- Finishing Tech**
- Throw-ins**
- Aggressiveness**
- Conditioning**
- Spacing Concepts**
- Tactics**
- Goalkeeper**
- Settling the Ball**

