

# The Swamp

## Objective –

GameFocus onTransition/ResetProgression

Improve passing, runs off the ball, dribbling and close range finishing, flexibility and reaction.

## THE RULES

Inside the main area the teams try to maintain possession until they see the opportunity to dribble through the swamp at either end.

If they get through the swamp without hitting a cone (alligator) they can score in the goal by passing the ball in with accuracy, not power.

If they hit an alligator the attack stops and possession is given to the other team.

If they score, they keep possession and must attack the opposite end.

## MAIN OBJECTIVES

Improve passing, runs off the ball, dribbling and close range finishing. Flexibility and reaction.

## SET UP

Area: 50×30 yards with 5 yard end zones at either end filled with cones. Goals are a further 5 yards outside the area.

Players: 10. If you have odd numbers use a floater inside the main area

Equipment: Lots of cones, balls and 2 goals

## **WHAT TO CALL OUT**

“Keep your head up”

“Have a go”

“Can you dribble?”

## **PROGRESSION**

Allow one defender to follow the attacker into the swamp. However, if they touch a cone – they must move around not jump over them – they must stop.

Alternatively, the teams attack one end each and are allowed to shoot through the swamp, again avoiding the alligators. If the ball goes in after hitting an alligator the goal does not stand.

This is more fun with goalkeepers in place.

## **HINT**

Make sure players stick to the rules and have a supply of balls ready. If using goalkeepers ensure that they stay on their line and do not enter the swamp.

As always, praise good technique.



The cones represent alligators in the swamps.



Players must dribble through the swamp avoiding the alligators.



If a player hits an alligator possession is lost.