

# Run the Gauntlet

Category: Warm Up

Length: 00:15 Rec. Players: 12

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## Practice Theme/Topic

### General Notes

An easy to organise Arrival Activity

### Aims & Objectives

Attackers try to dribble or pass the ball past the defender(s) and score in the mini goal at the opposite end of the channel.

Defenders try to win possession of the ball and score by dribbling over the end line of the channel through the cones.

### Organisation & Setup

Use marker cones & mini goals to set up two or more channels as shown in the diagram

### Coaching Factors & Outcomes

Encourage attackers to beat the defender(s) with positive dribbling or quick, accurate passing

Encourage defenders to deal with 1v1 or 2v1 situations and recognise when to delay opponents or win possession

### Adaptation & Progression

Make appropriate use of the STEPS Principle. Examples might include;

- Varying the width of the channel
- Increase overload to play 3v1
- Match up & play 1v1
- Encourage one touch finishing into goals

### Technical

N/A

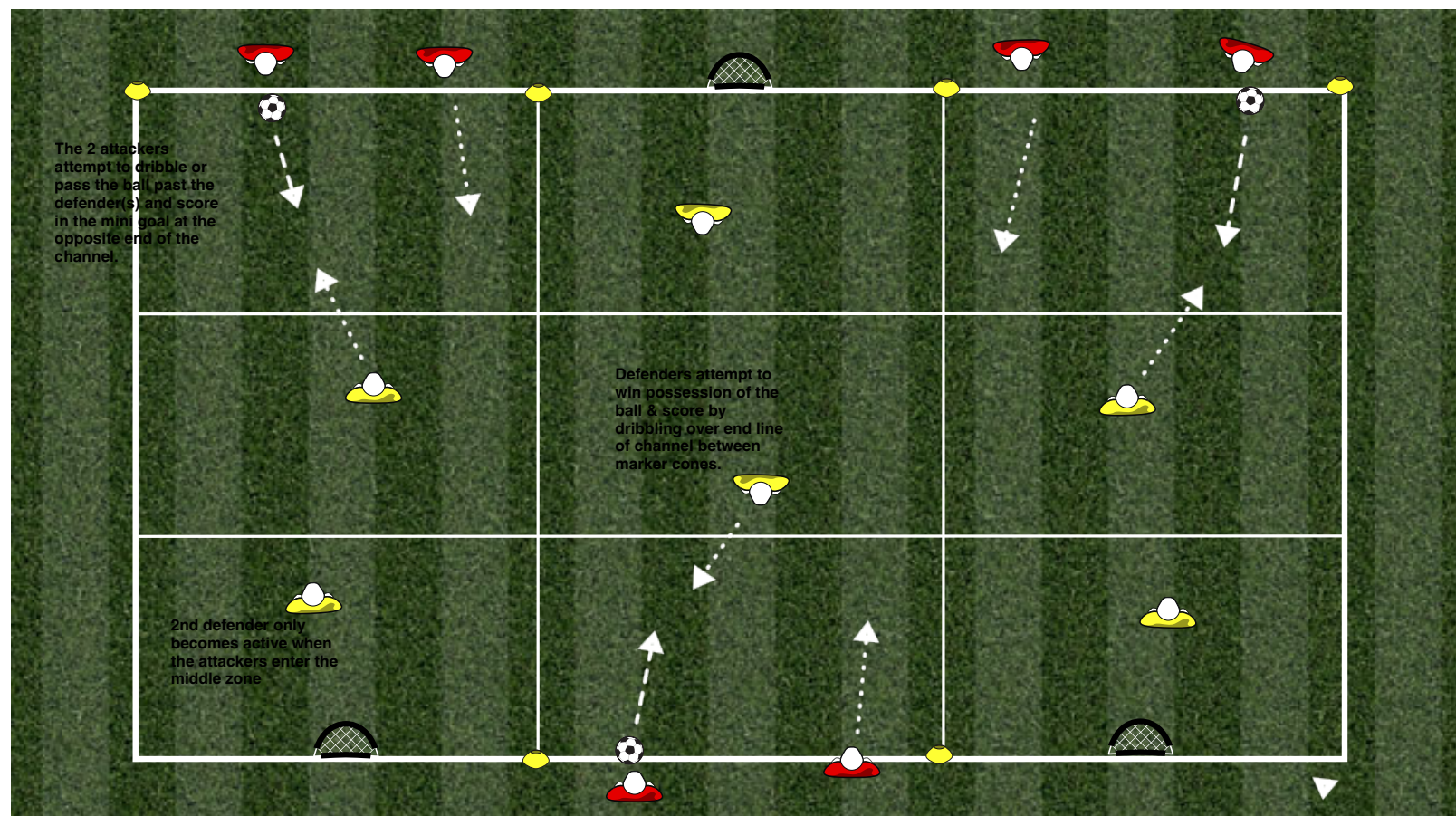
### Physical

N/A

### Psychological

N/A

### Social



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

Practice: 01 Length: 00:15

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Slide: 01/01

