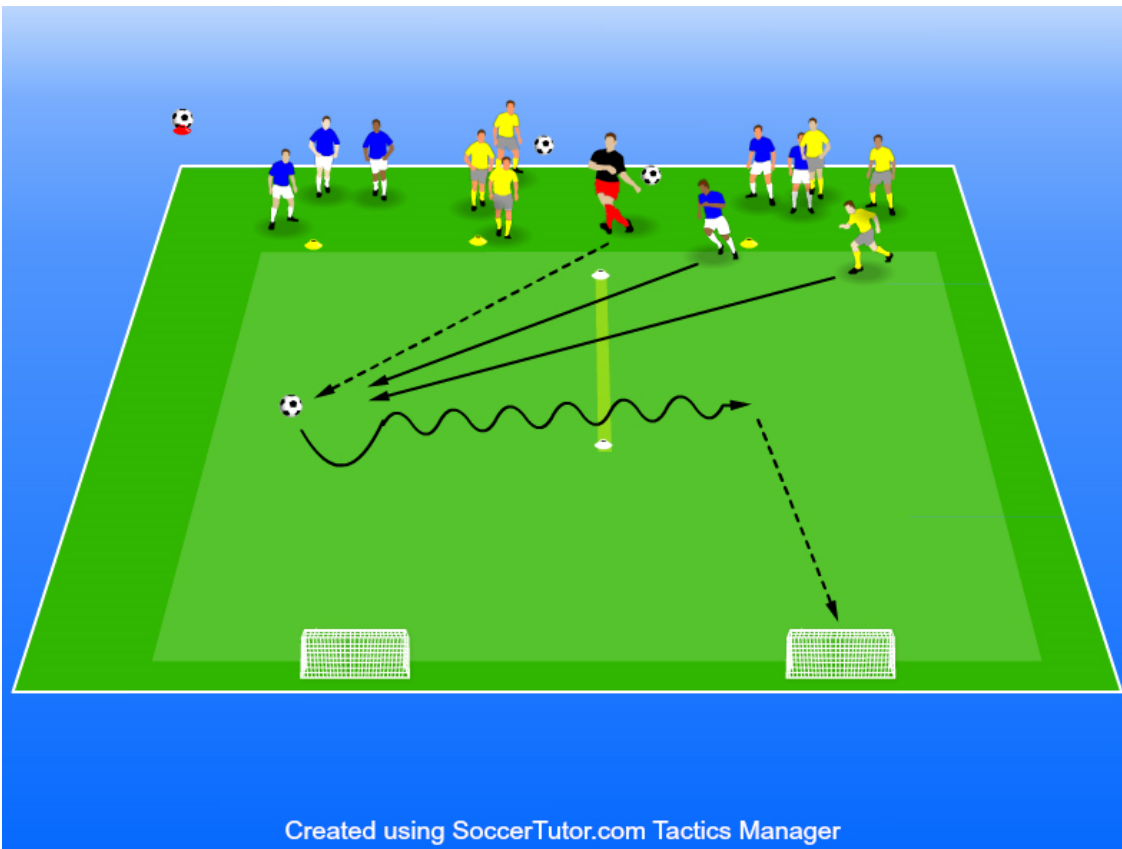




## 1v1 COD - Mouse Trap



**Date:** 14/Jun/2020

**Measurement:** 30 x 30

**Time:** N/A:N/A

**Players:** 12

**Duration:** N/A

**Level:** U8 - U18

**Objective:** Work on Fitness. Quickness. Mobility. Dribbling. Can work on defending

**Description:** Set up is two teams. Each team is made into two groups. There are four cones for players to use as starting points. The ball is put into play by the coach/server. At that moment two opposing players on the same side run in to get to the ball first. Dribblers may only score after dribbling through the gate. Players may score in either goal.

**Coaching Points:**

**Progression:** - Have players of one team only change sides after every turn. - Have one or two players for each team change sides every turn (This allows players to have a different opponent every time)