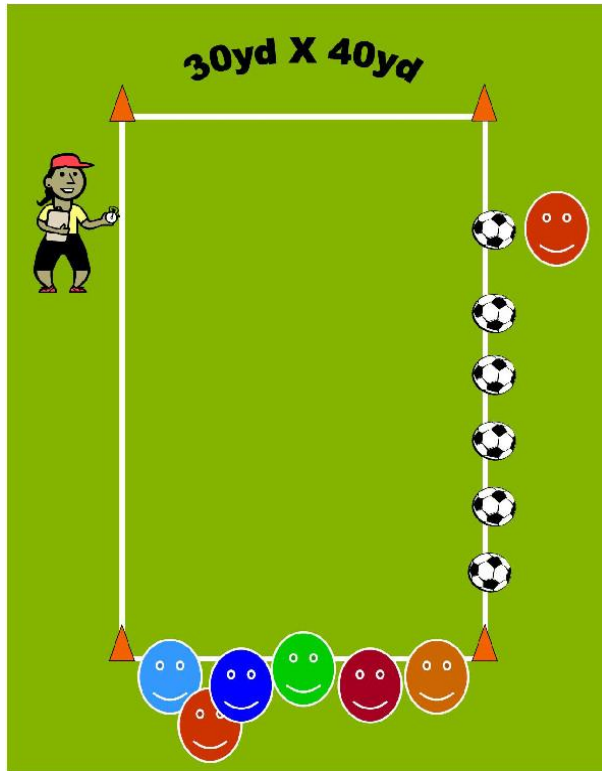


Cowboys and Indians (Gauntlet)



Create a large rectangular grid. Designate some players as Indians and have them stand at one end of the grid without balls.

Designate one player to be the Cowboy and have him stand along one side of the grid with a number of balls. On the coach's instruction, the Indians should attempt to run to the opposite end of the grid while the Cowboy tries to hit them below the knees with the soccer balls. Indians that are hit become Cowboys and attempt to hit the remaining Indians on the following return run (that occurs upon the coach's signal). Cowboys may stand on either side of the grid. The last Indian to get hit wins.

Variations:

1. Allow players to strike the ball with their laces, but be sure to emphasize that the ball should remain below the knees.
2. Have Indians dribble with soccer balls instead of simply running.
3. Allow Indians to dribble with soccer balls and to shoot at Cowboys. The shot Cowboys would then join the Indians. Be sure that players not stop moving balls!

Focus:

Players should be focusing on the proper passing (or shooting) technique. Address weighting the ball properly and anticipating where the pass should be made when appropriate.