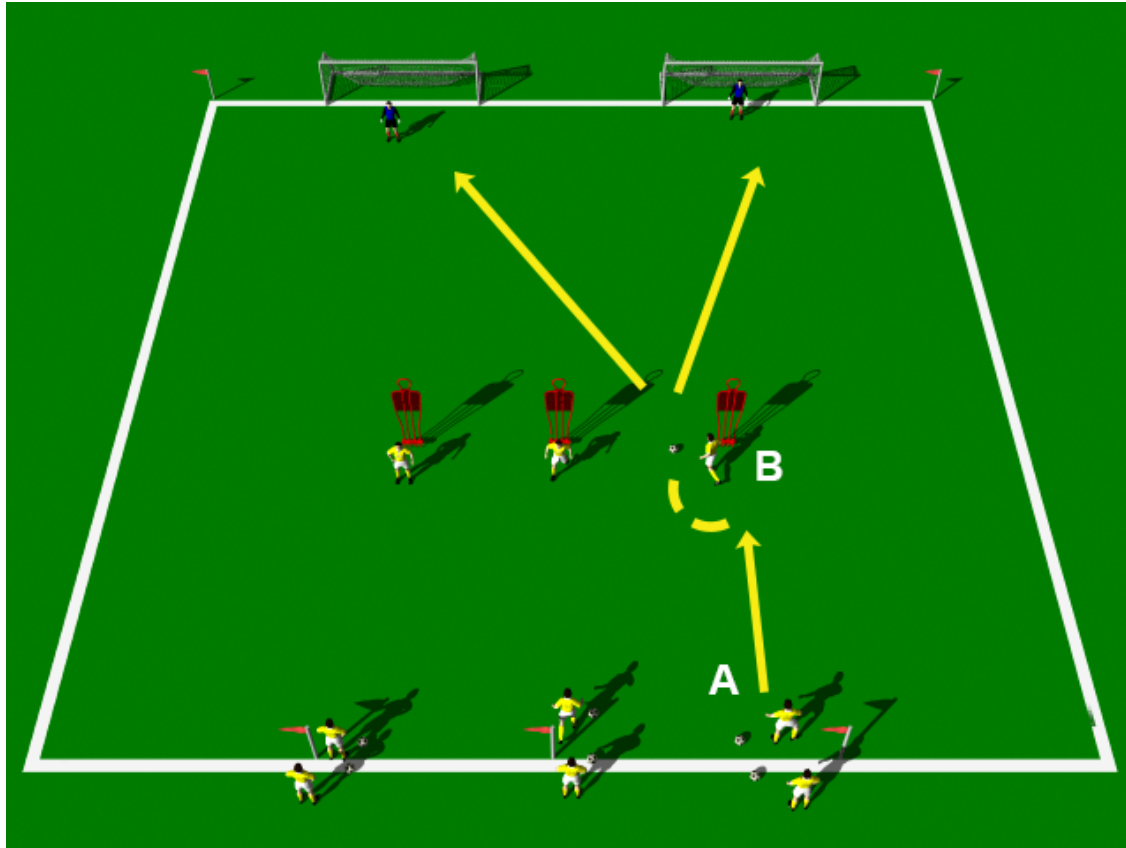


## Chelsea Mannequin Game 1



### Objectives:

This is a fun, shooting game that players love to do. The exercise will develop a player's ability to turn on the ball and attack the goal to score.

### Coaching Points:

Divide your players into three groups. Play on an area approximately 30 yards by 30 yards. Use 2 goals. Position one player on each mannequin as in the diagram above.

### Sequence:

1. The practice starts with a player from group "A" playing a pass to the player "B". Player "B" turn with the ball and past the mannequin to try and score in either goal. Player "A" then moves to the mannequin and player "B" recovers to the serving line.
2. The exercise is then repeated in turn with each group.

### Emphasize the following:

- Attack with game speed mentality, "**need for speed**".
- Encourage players to turn left and right.
- Turn using the inside and outside of the foot.