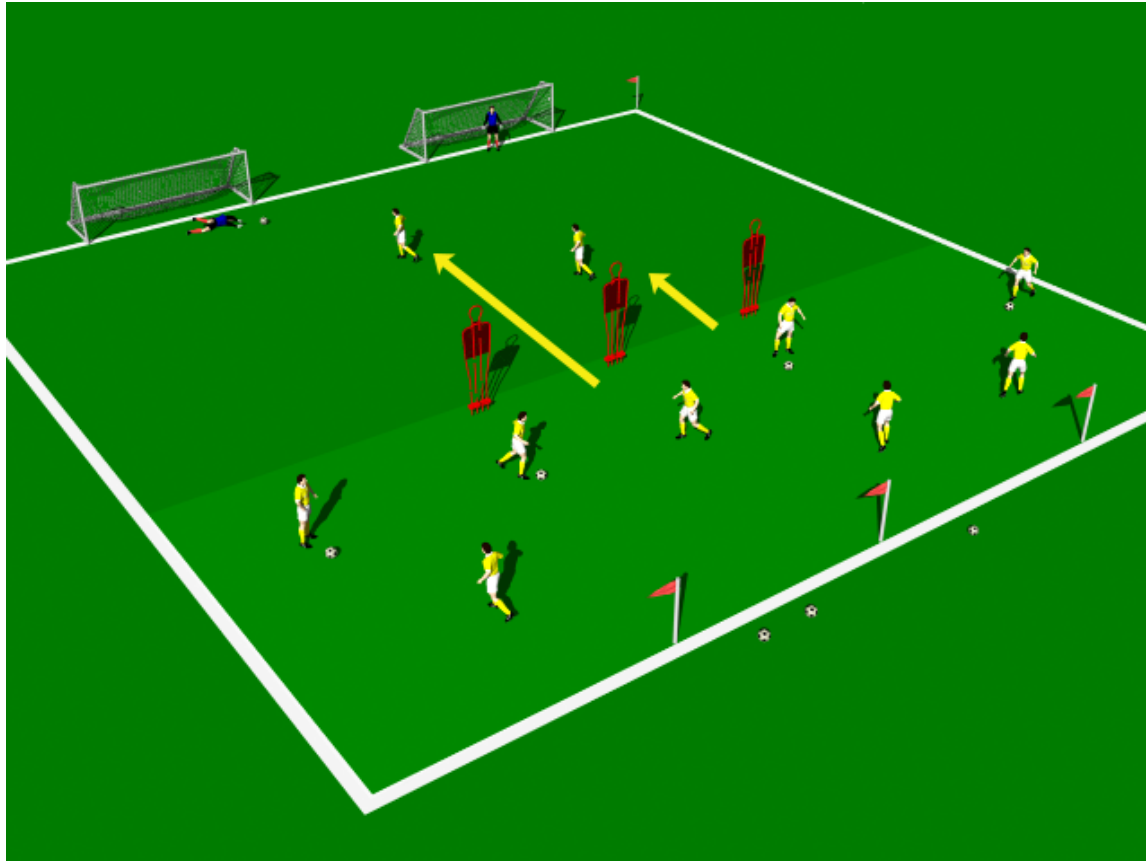


Chelsea Mannequin Game 3



Objectives:

This is a fun, shooting game that players love to do. The exercise will develop a player's ability to attack the goal with speed while being tracked by a defender.

Coaching Points:

Divide your players into pairs, with one ball between two. Players pass the ball with their partner in the area in front of the mannequins. When the coach calls out the pairs name, the player with the ball attacks the goal as quickly as possible and tries to score. The partner must react and defend their team mate. Attack with game speed mentality, "**need for speed**".

The defending player must look to clear rebounds from the goalkeeper.