



soccer stop™  
northern colorado

**Exercise: Monster**

**Set Up:** A 12yd X 12 yd square

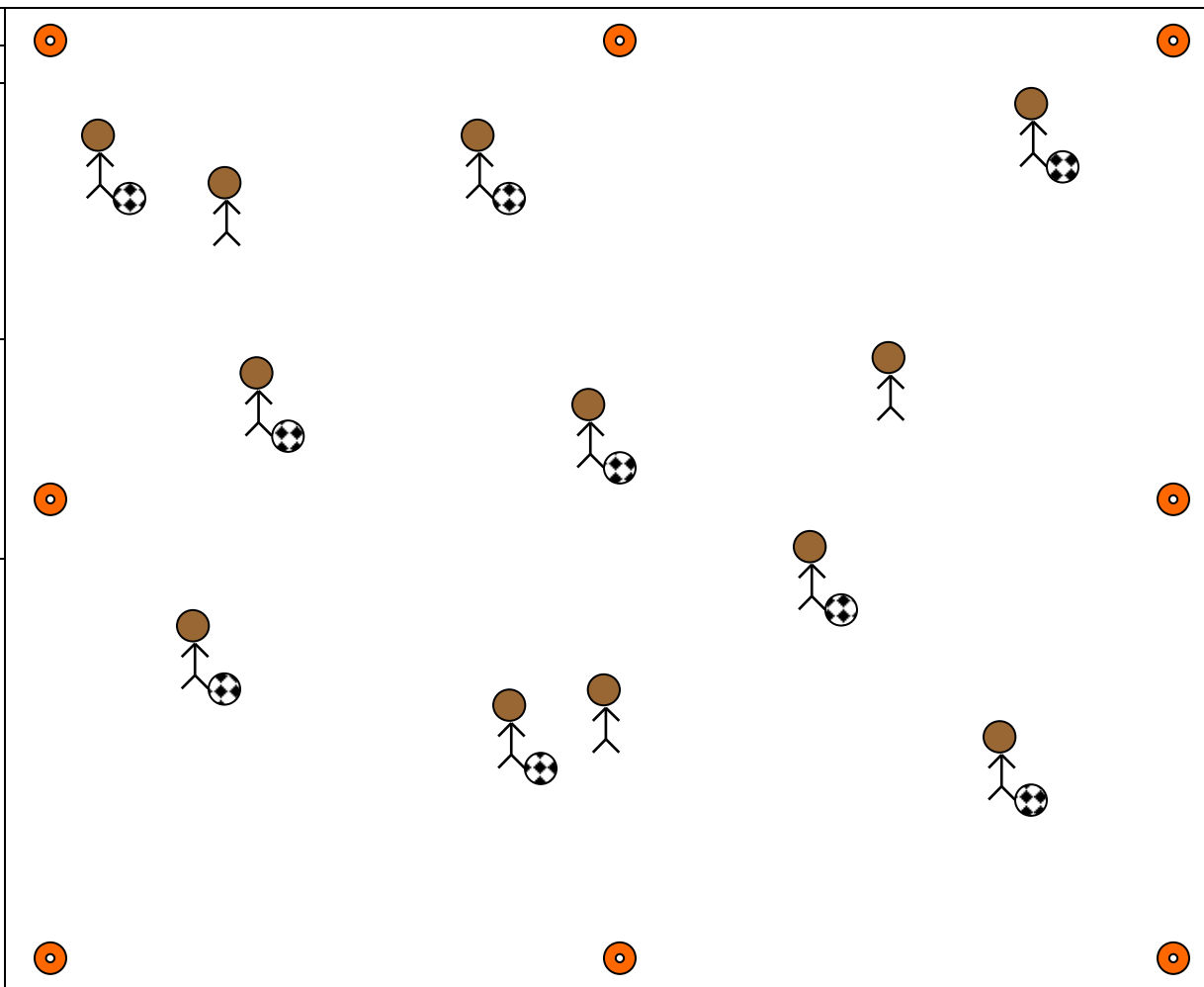
**Method:** Each player with a ball, except 1/3 of team w/out a ball. Players with a ball try to maintain possession of ball away from players without a ball. Players w/out a ball try to “win” a ball from another player & take over possession/dribble. If a player loses their ball, they must try to “win” a ball from another player.

**Skills to Teach:**

1. Dribbling & ball control for possession
2. Burst dribble into space away from pressure
3. Shielding the ball
4. Shoulder charge (defender)
5. Defensive techniques (see 4-D's)

**More Challenge/Variation:**

1. Run exercise for a set amount of time (e.g. 30-sec, 1min, etc.). Players w/out a ball after time limit do a calisthenic (e.g. 5-leg lifts, 5-pushups.)
2. Increase the number of players w/out a ball. Super challenge is to have more players w/out a ball than w/ a ball!
3. Decrease the size of the square.



Exercises are provided FREE of charge and are to be used only as a guide.

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