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| endzone game**Category:** Functional: Midfielder**Difficulty:** Moderate |  |



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| **Dribbling to change diretion (10 mins)** |
| Dribbling across the grid and working on changing direction.Moves to use: (allow each player 5-10 reps doing the move)Pull backInside Chop (inside of foot)Sweep (outside of foot) |
| **end zone game 1v1 (15 mins)** |
| Players play 1v1 to get in the end zone and stop the ballThe ball must be stopped by the player in the endzone in order to get a point CP:Ball ControlDont Just kickHead upChange directions to beat attacker |
| **2v1 endzone game (15 mins)** |
| Players play 2v1 with 3 lines at the orange cones: attacking players stop ball in end zonedefender gets a point if they stop the ball in their endzone make players control the ball and look to pass when defender commits |

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| **2v2 endzone (20 mins)** |
| 2v2 endzone gameeach team can score in the endzone CP:play passes that lead your teammate to desired area change point of attack. |