	Skill Level	Skill Focus	Age Groups
	Intermediate	Ball Control Awareness	U5/U6 U8

Title: Minefield **Duration**: 10-15 minutes

Setup: 15x15 yards with cones scattered throughout

Description: Each player should begin inside the grid with a ball. Payers to dribble around freely inside the grid avoiding other players or the mines

Coaching Points:

- Quick feet.
- Stay up on your toes.
- Keep your head up

Progression:

- When the coach blows a whistle the player has to turn around and go the opposite direction