

Pirates of the Pugg

For younger players ages 8-11, the primary focus should be on good dribbling technique in traffic which requires vision and awareness.

Setup

Build a circle approximately the size of the center circle with a Pugg Goal or a cone gate in the middle of the circle. The actual size of the circle will vary depending on the age and skill level of the players. With all players in the playing area, dedicate 9 players with the ball, and 3 players without a ball will be the "Pirates".

Instructions

Instruct the "Pirates" without the ball to defend the players with the balls. Once the Pirate wins the ball, they attempt to score on the Pugg Goal or cone gate (to score ball must be below knee or on the ground) in the middle of the circle. If the Pirate scores the goal, that player too becomes a Pirate. Play continues until the last player with the ball wins. If the pirates have a hard time getting started, the coach can help the pirates at first.

Coaching Points

Attacking: keep the ball close with head up so the players are aware of defenders and safety areas (space). If the ball is lost, recover quickly and fight to win it back.

Defending: Transition quickly from defense to offensive and stay focused once the ball is won, and find the target