

# SOCCERPRO.com PLAY-ON CHALLENGE

The Play On Challenge™ pushes each player to make the most of their time on the field. Players will see professionals go for the 'flop' when they are bumped just to get a foul called. SoccerPro.com wants to prove to you that the clear advantage for every player is to keep playing and keep possession while others may have stopped playing.

Take the SoccerPro.com Play On Challenge and tell us how you did at [www.soccerpro.com/playon!](http://www.soccerpro.com/playon!)

## WHAT DO YOU NEED?

- 2 players
- 5 markers
- 1 small goal (or big goal)
- 1 ball

## RULES

- Player X<sub>1</sub> starts at  $\triangle_1$  and then...
- Dribbles around opposite corner ( $\triangle_3$ ) and **MUST** touch ground with one hand on turn.
- Dribbles across to  $\triangle_2$  and goes around and **MUST** touch both knees and hands to the ground then pass to X<sub>2</sub>.
- Runs to  $\triangle_4$  then **MUST** drop and do a full roll around  $\triangle_4$ .
- Receives ball back from X<sub>2</sub> and dribble to  $\triangle_5$ .
- Then dribble to the goal and shoot after X<sub>1</sub> is passed  $\triangle_2$  and  $\triangle_3$ . (X<sub>2</sub> will chase X<sub>1</sub> once X<sub>1</sub> turns the corner at  $\triangle_3$ .)
- No player contact (or maybe just a little).
- Time stops when ball hits goal.
- Must score goal for time to count.
- Player rotation: X<sub>1</sub> > X<sub>2</sub> > LINE

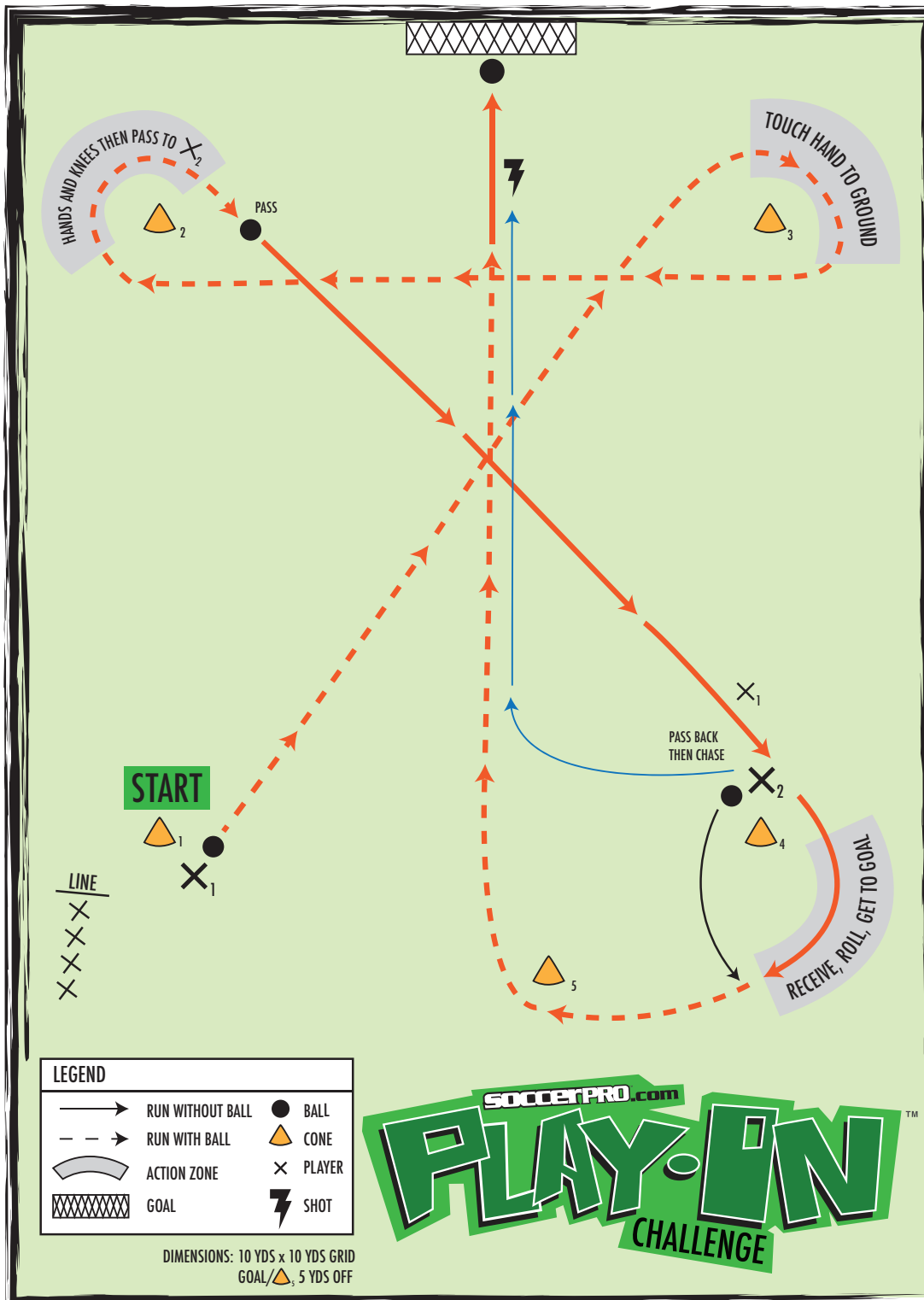
THINK YOU ROCKED THE PLAY ON CHALLENGE?

Tell us what you thought of the drill!

Post a video, send in your photos, send us your best time!



FACEBOOK.COM/SOCCERPRO



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