
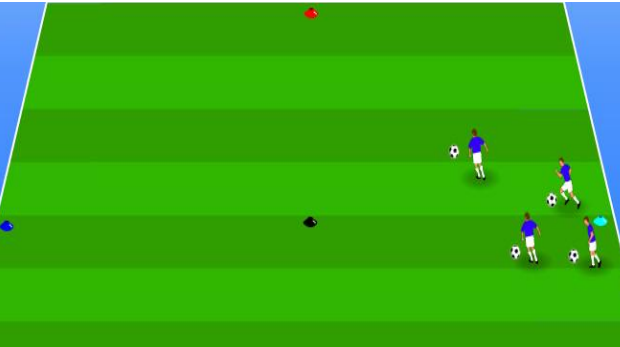
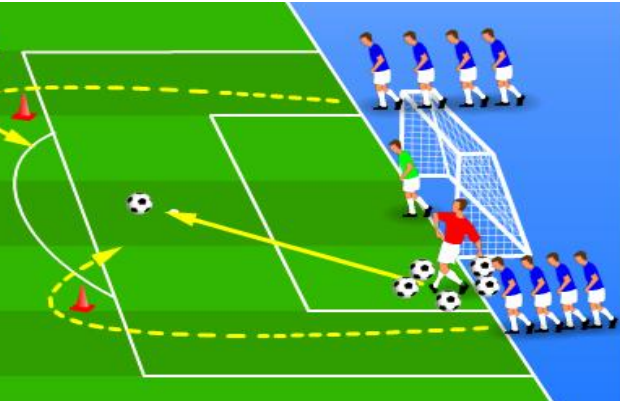


Exercise/Notes	Description	Diagram	Coaching Points
<p>Chain Tag 5-7 Minutes</p> <p>25yd X 25yd grid</p> <p>This is the first day of the program, some players will be apprehensive to leave their parents and join the group, be patient! Once the players are moving they should be more comfortable.</p>	<p>Fun quick warm-up game. Game is also known as blob tag. Pick a few players to be "it" and make a small field. If you are tagged, you hold hands and join a chain. Go until there is only one player left (not in a chain). Great game to get the kids smiling, engaged, and interacting. First game nobody has soccer balls, for the second round players not in the blob have a soccer ball (players in blob are w/o their ball – so if a player is tagged they kick their ball out before joining the blob).</p> <p>Youtube example: http://www.youtube.com/watch?v=hScwsTj1vIY</p>		<p>Run with head up – field awareness</p> <p>In blob, work together communicate</p> <p>Try to get behind the blob to avoid being tagged</p>
<p>Dribble To Colors 10 Minutes</p> <p>Place 5 colors spread out on the field – 20 yd. apart</p> <p>Each player with a ball</p> <p>If you don't have pennies, use objects (hats, cones, ball bag, etc.)</p>	<p>Players dribble to a color on the coach's command. When they get to a color, just stop the ball and wait for the next color. SOME OF THESE WILL BE DIFFICULT, DEMONSTRATE FIRST, THE MAIN IDEA IS TO INTRODUCE DIFFERENT FOOT SURFACES</p> <p>4 levels – Each level is harder and should last 25-35 seconds, followed by a rest.</p> <ol style="list-style-type: none"> 1. Insides only – go slow, lots of touches 2. Right foot only 3. Left foot only 4. Lightning Round– the colors change very fast, can use any foot surface 		<p>4 KEYS TO DRIBBLING</p> <ol style="list-style-type: none"> 1. Keep the ball close 2. Keep your head up 3. Bend your knees 4. Arms out to the side <p>Tight traffic so they need to <u>keep the ball close</u> and know where they are going (<u>head up</u>).</p>
<p>50/50 1v1 Game 10-20 minutes</p> <p>2 teams – Each team in a line behind their cone</p> <p>All balls w/Coach</p>	<ul style="list-style-type: none"> • When coach yells, "Go!" the first two players in each line <i>sprint around a cone that is placed 15 yards away</i> • The coach plays a ball into the middle of the penalty area • Players play 1 versus 1 to the goal • Play is over when a goal is scored or ball goes out of bounds (if taking too long coach can start a shot clock countdown) • Players must take at least 2 touches (can't shoot immediately from the coaches pass) • Players return to their lines after the play, and the next player in line is up • U7/U8 progress to a 2v2 (each line sends 2) 		<p>Keep your body in front of the attacker</p> <p>Try to prevent the attacker from getting towards the middle of the goal</p> <p>Don't dive in</p> <p>For attackers – be deceptive, shoot when you have space</p>