




Exercise/Notes	Description	Diagram	Coaching Points
<p>Nut Meg Tag 10 Minutes</p> <p>Every player w/ ball</p> <p>25yd X 25yd grid</p>	<p>The coaches are the taggers. Players attempt to avoid being tagged by the coaches. If a player is tagged they are frozen. Frozen players pick up the ball in their hands, open up their legs wide, and call for "Help!" Frozen players can be unfrozen by players who dribble up to them and pass/dribble the ball thru their legs (a nutmeg). The coaches win if they can freeze all the players in a set amount of time (1-2 min.). Players win if at the end of time they have at least one player unfrozen. Play a few games – can let select players be taggers.</p>		<p>Players should work together and try to unfreeze frozen players</p> <p>When making a nutmeg, try to make it a very short pass or dribble</p> <p>Keep your head up when dribbling to see/avoid the taggers</p>
<p>Cops and Robbers</p> <p>10-15 Minutes</p> <p>Players in pairs, one ball per pair</p> <p>30yd x 30yd grid</p>	<p>Divide the group into two teams – half are robbers (without a ball) and half are cops (with a ball)</p> <p>Make a jail to the side of the field</p> <p>When coach says, "Go!" cops try to pass their ball and hit a robber (must be a pass on the ground). If a robber gets hit they go to jail.</p> <p>Time how long it takes the cops to get all the robbers, then the two teams switch roles (cops become robbers, robbers become cops) and you can compare the times</p>		<ul style="list-style-type: none"> + Inside foot passes + Use speed dribble to get close to the target + Make sure there is nobody between the passer and the target + Over-hit the passes + On the ground
<p>2 vs. 0 to Goal</p> <p>5-15 Minutes</p> <p>Two Teams</p> <p>Balls w/ Coach</p> <p>Goal</p>	<p>Description:</p> <ul style="list-style-type: none"> • First person in each line is a pair • Coach passes a ball out to either of these two players • Two players must complete 2 passes before they shoot on net • After each pair goes, they return to the back of their line <p>Progression:</p> <ol style="list-style-type: none"> 1. The coach is a defender (passive defense) 2. Make a player a defender (active defender) 3. Have a clock countdown, where players must score a goal in less than 10 seconds 		<ul style="list-style-type: none"> + Stay spread out – when a defender is added if players do not spread out then it's easy to defend them + Try to keep momentum (and passes) moving forward in direction +Communication