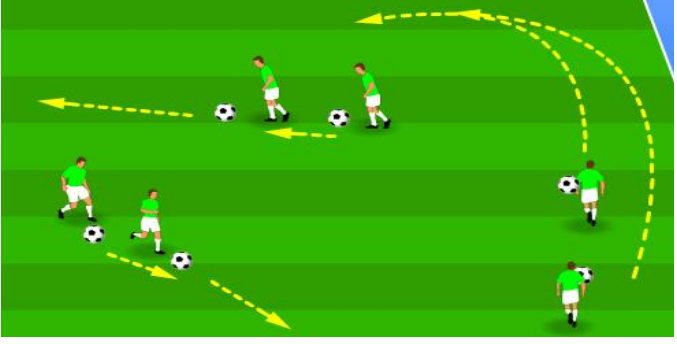




Exercise/Notes	Description	Diagram	Coaching Points
<p>Follow The Leader 10 Minutes</p> <p>Every player w/ ball</p> <p>Players in pairs</p> <p>25yd X 25yd grid</p>	<p>Players are labeled A and B. Player A dribbles and tries to lose Player B. Go for about 30 seconds. Switch roles, player B leads now.</p> <p><u>Progression:</u> 1) Insides only 2) R foot only 3) L foot only 4) Speed round (any surface).</p> <p>MAKE SURE TO TEACH THE KIDS WHAT IS RIGHT AND LEFT</p> <p>When the coach yells "Stop!" if the follower is more than 5 yards from the leader they have 5 jumping jacks</p>		<p>Try to be deceptive, make it tough for your partner to stay w/ you</p> <p>Change directions often, accelerate after direction changes</p> <p>Keep head up to avoid collisions</p>
<p>1v1 To Goal 10 Minutes</p> <p>Two Lines</p> <p>Balls w/ coach</p> <p>Goal</p>	<p>Divide the team up in half (an attack line and defense line). Coach says "Go!" and passes to attacker, who runs around their cone (defense does same). Attacker tries to score a goal, if defender steals the ball they try to pass the ball back to the coach. If 1v1 is lasting longer than 20 seconds, the play is over.</p> <p>5 KEYS TO DEFENSE</p> <ol style="list-style-type: none"> 1. Stay directly in front of the attacker 2. Be patient – don't try to steal the ball the second the attacker gets close, but when the attacker exposes the ball 3. Stay on your feet – slide tackling is highly discouraged, shuffle your feet 4. Keep your eye on the ball – do not stare at the dribblers hips or arms 5. Protect the areas in front of the goal 		<p>Defense</p> <ul style="list-style-type: none"> + Keep your body in front of the attacker + Try to prevent the attacker from getting towards the middle of the goal (try to keep them away from the center of the field) + Don't dive in <p>Attack</p> <ul style="list-style-type: none"> + Be deceptive, shoot when you have space
<p>Square Battle 10-20 Minutes</p> <p>Two Teams</p> <p>Balls w/ Coach</p> <p>25yd X 25yd grid</p> <p>Two small squares</p>	<p>Two teams are lined up on opposite sides of the coach. Each team has a square that is their own. The coach throws a ball into the grid, and two players from each team (2v2) try to get the ball and stop it in their square. The team in possession can dribble into the square, or pass to their teammate who receives it inside their square. The team not in possession can't defend inside the opponent's square. The coach will play 10 total balls, the team with the most balls inside their square wins.</p> <p>Progression: Could have 1 or 3 players from each team play (so a 1v1 or 3v3)</p>		<p>Team w/ ball</p> <p>Spread out so the 2nd defender can't make it a 1v2</p> <p>Move off the ball if you are the 2nd attacker</p> <p>Team w/o ball</p> <p>One player pressure the ball, other provide cover</p>