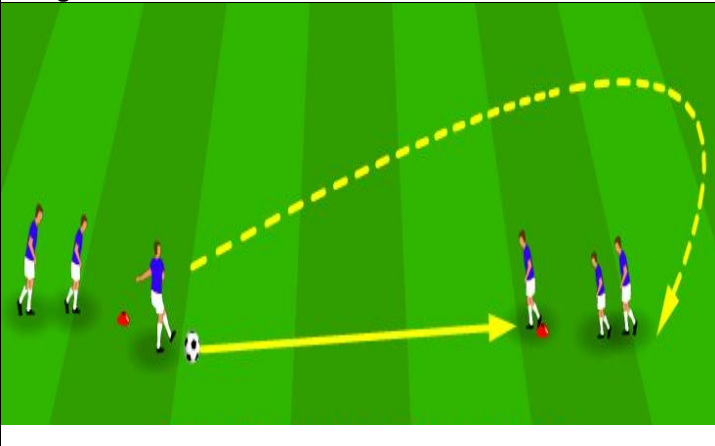




Exercise/Notes	Description	Diagram	Coaching Points
<p>Shuttle Drill 10 Minutes</p> <p>Groups of 5 – 1 Ball per group</p> <p>Cones placed 15yd apart</p>	<p>Half the players behind one cone and half behind the other. 1st player in line with the ball does the skill to the player in the other line, after this player goes then they go to the back of the other line.</p> <p>For example the second exercise is speed dribbling, 1st player speed dribbles the ball to the first player in the other line and goes to the back of that line, player that was speed dribbled to then dribbles back to the new first player at the starting cone – continuous shuttle</p> <p>Progression: 1) No Ball – Tag Hands 2) Speed Dribble 3) Pass 4) Expanded distance pass</p>		<p>If you have two groups doing this drill, after letting them practice the specific progression skill for a bit, make it competition – see what group can get to 20 repetitions the fastest</p>
<p>Clear The Yard 10 Minutes</p> <p>All player w/ ball</p> <p>U6–20yd X 20yd U7-30yd X 30yd U8-40yd X 40yd</p> <p>“No Man’s Land” Zone</p>	<p>Put players into two teams. On the coach’s command, the players try to kick the ball from their yard into the opposing teams yard. Play 3-5 minute games, the team with the least amount of balls in their yard wins. The object of the game is to keep your yard clear of soccer balls.</p> <p>Can play a round were players must use weak foot.</p> <p>Have each coach stand behind “yards” to keep balls in Zone</p>		<p>Two surfaces to shoot Instep (laces) is used to generate power, need to lock ankle</p> <p>Inside of the foot is used for accuracy, very similar to a pass</p> <p>NO TOES</p>
<p>Shoot To Score 10-20 Minutes</p> <p>All players w/ball</p> <p>Try to use 2 goals/2 lines</p>	<p>Attacker passes ball to stationary coach who sets up the shooting situation. Players go through different shooting situations. Try to keep the lines short and moving quickly to keep the waiting time at a minimum. If a player misses (or scores) they chase/retrieve their own ball. Keep the shooting area clear (middle of the field) so nobody gets hurt.</p> <p>1.Ball passed to coach – coach lays it off to a side and players shoot 2.Coach passes ball to players who have 2 touches 3.Players move to an angle, and must shoot with the R foot inside after a pass from the coach 4.Players move to an angle, and must shoot with the L foot inside after a pass from the coach</p>		<p>+ Plant foot goes next to the ball. 4-6 inches away + Point toe down and lock ankle. Lean over the ball and keep posture forward. + Swing through the center to top half of the ball, following through like a golf club + Take a good backswing so that you generate foot speed</p>