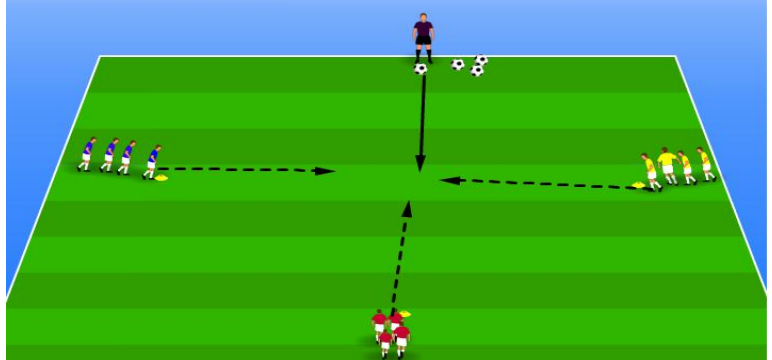
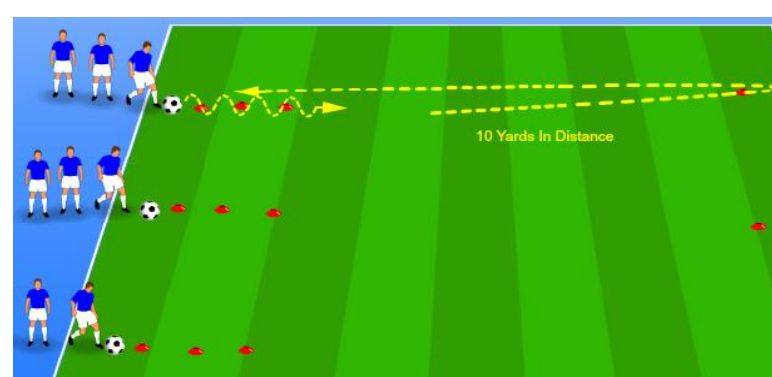
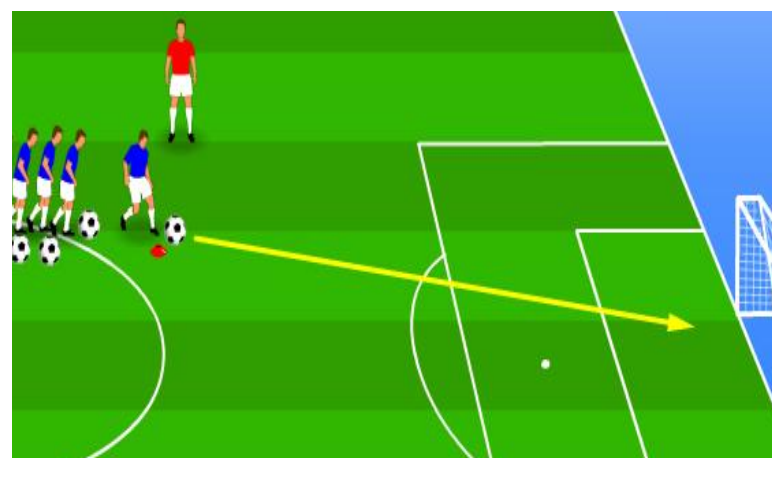


Exercise/Notes	Description	Diagram	Coaching Points
<p>Battlefield 15 Minutes</p> <p>3 groups</p> <p>25yd x 25yd grid</p>	<p>Coach throws a ball in play, the first player in each line (3 total players) battle for the ball. Player that is in possession tries to keep the ball for 5 seconds from the other two players. If they are able to hold the ball for 5 seconds then pass the ball to their coach they get a point. Coach can move after 5 seconds to create a passing angle/lane.</p>		<p>Coaching Points</p> <p>If 1v1 player can shield If 2v1 they need to escape and use turns/beat opponents Use pull turn and pull push To shield – keep body between defender and ball, get good balance bend knees – arms out</p>
<p>Speed Dribble 10 Minutes</p> <p>Groups of 3 – 1 ball per group</p> <p>Cones as pictured</p>	<p>First player in line control-dribbles through the tight cones, then speed dribbles around the far cone and all the way back to the starting line. When the player arrives back at the line, the next player goes. After practice you can make this a relay race (cheering encouraged). Once the player goes, they should sit down at the back of the line, the first team with all 3 players sitting is the winner.</p> <p>Progression: Use weak foot only</p>		<p>Speed Dribbling</p> <p>When speed dribbling it's essential the attacker dribbles with the outside of their laces. This surface provides the most control when going very fast. The dribbler turns their toes inward and locks their ankle downward.</p>
<p>MLS Shootout 5-15 Minutes</p> <p>All players w/ball</p> <p>Cone 35yd from goal</p>	<p>Coach starts counting down from 5. When coach starts counting, 1st player in line goes on a break away and must shoot before the time expires. After the player goes they get their ball and return to the back of the line.</p> <p>Can add goalie if have big goals to use.</p> <p>Can play a version w/ elimination.</p> <p>Make sure players stay out of the middle on their way back to the line – this will keep the drill moving fast and prevent collisions.</p>		<ul style="list-style-type: none"> + Dribble in a straight line towards goal +Use your laces for speed dribbling +When coach gets near 1 second left, shoot (try to get as close as possible in first 4 seconds) +Close to goal, shoot for accuracy (inside) +Far from goal, shoot for power (laces)