

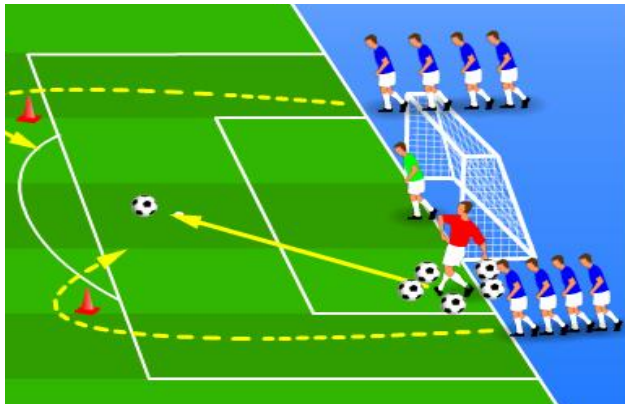


Exercise/Notes	Description	Diagram	Coaching Points
<p><b>Chain Tag</b> <b>5-7 Minutes</b></p> <p>25yd X 25yd grid</p> <p>This is the first day of the program, some players will be apprehensive to leave their parents and join the group, be patient! Once the players are moving they should be more comfortable in their surroundings.</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><b>Youtube example:</b> <a href="http://www.youtube.com/watch?v=hScwsTj1vIY">http://www.youtube.com/watch?v=hScwsTj1vIY</a></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><b>Red Light - Green Light</b> <b>10 Minutes</b></p> <p>Same grid as chain tag</p> <p>Each player with a ball</p>	<ul style="list-style-type: none"> <li>• Each player has a ball</li> <li>• Coach yells "red light" players stop ball and put foot on top of the ball</li> <li>• Coach yells "green light" players dribble fast</li> <li>• Coach yells "yellow light" players dribble slow</li> </ul> <p>Progression – Add other colors</p> <ol style="list-style-type: none"> <li>1. Blue Light = hop back and forth over the ball</li> <li>2. Pink Light = run around the ball in a circle</li> <li>3. Black Light = dance</li> <li>4. Coach can pick a color and an action</li> </ol>		<p><b>4 KEYS TO DRIBBLING</b></p> <ol style="list-style-type: none"> <li>1. Keep the ball close</li> <li>2. Keep your head up</li> <li>3. Bend your knees</li> <li>4. Arms out to the side</li> </ol> <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><b>50/50 1v1 Game</b> <b>10-13 minutes</b></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"> <li>• When coach yells, "Go!" the first two players in each line <u>sprint around a cone that is placed 15 yards away</u></li> <li>• The coach plays a ball into the middle of the penalty area</li> <li>• Players play 1 versus 1 to the goal</li> <li>• 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)</li> <li>• Players must take at least 2 touches (can't shoot immediately from the coaches pass)</li> <li>• Players return to their lines after the play, and the next player in line is up</li> </ul>		<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>