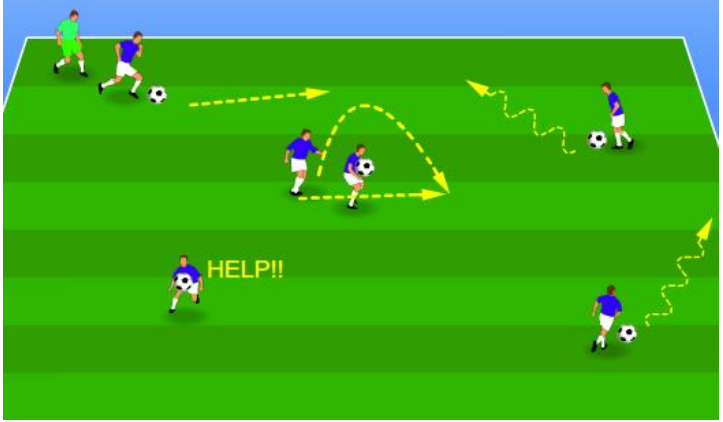
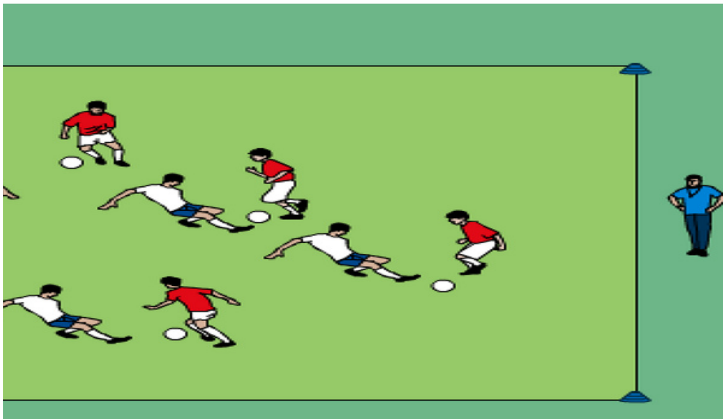
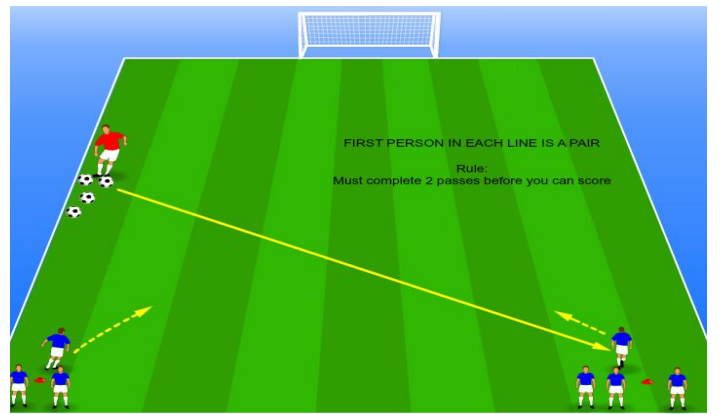


Exercise/Notes	Description	Diagram	Coaching Points
<p>Nut Meg Tag 10 Minutes</p> <p>Every player w/ ball</p> <p>25yd X 25yd grid</p>	<p>The coaches are the taggers. Players attempt to avoid being tagged by the coaches. If a player is tagged they are frozen. Frozen players pick up the ball in their hands, 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>Crab Attack 10 Minutes</p> <p>Every player w/ ball</p> <p>Coach or one picked player starts as crab</p> <p>Two End-lines</p> <p>Same space as drill above</p>	<ul style="list-style-type: none"> • Each player attempts to dribble from one side of the grid to the other • Game starts with one crab (down on all fours) in middle of the field as the defender • If a player's ball is kicked out of bounds by the crab, that player becomes a crab too • Game is played in rounds, when the players reach an end-line there is a break and the crabs get prepared for the next round • Winner is the last player not a crab • Progression – can use weak foot only to dribble <p>https://www.youtube.com/watch?v=Y-8LWMHi5Yw</p>		<p>Head up</p> <p>Little touches for control</p> <p>Use turns to escape the crabs</p> <p>Explode into open spaces</p>
<p>2 vs. 0 to Goal 10 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 		<p>+ Stay spread out – when a defender is added if players do not spread out then it's easy to defend them</p> <p>+ Try to keep momentum (and passes) moving forward in direction</p> <p>+Communication</p>