

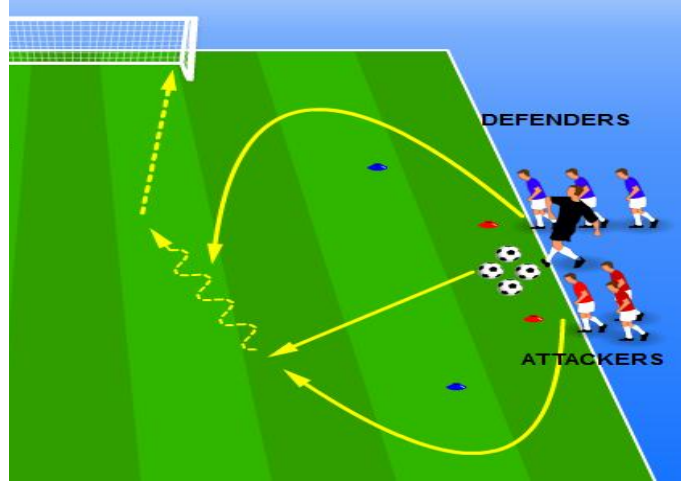


Exercise/Notes	Description	Diagram	Coaching Points
<p>Hospital Tag 10 Minutes</p> <p>Every player w/ ball</p>	<ul style="list-style-type: none"> • Every players dribble a ball • Players try to tag each other, they can not leave their ball to chase after people • Each time a player is tagged the player tagged must place their hand on the spot tagged • If a player is tagged a 3rd time they have no more hands to cover that spot, so they must go see the doctor in the hospital • The coach acts as the doctor and pretend heals the player so they can resume playing • Progression – can only dribble with your weak foot, elimination if tagged 3 times 		<p>Dribble with head up</p> <p>Keep ball close</p> <p>Knees bent for balance</p>
<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