
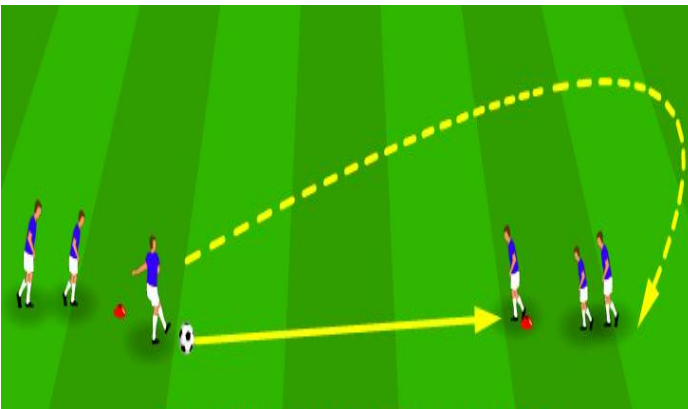



| Exercise/Notes | Description | Diagram | Coaching Points |
|---|--|---|---|
| <p>Tail Tag 10 Minutes</p> <p>Every player with a tail in the back of their shorts</p> | <ul style="list-style-type: none"> • Every player places a tail in the back of their shorts (must be a big fluffy squirrel tail, not a small hidden stub tail) • Round 1 – no balls – Players attempt to steal each others tails, if a tail is stolen it is dropped on the ground and the player puts tail back in • Round 2 – with ball – Players attempt to steal each others tails, but must dribble their ball now (need ball always under control) • Round 3 – with ball elimination – If your tail is taken you are eliminated, play until there is only one player left with a tail |  | <p>Use your turns to escape away from tail taggers</p> <p>Sneak up on people with their head down</p> <p>Close ball control</p> |
| <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, 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>20yd X 20yd</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</p> |  | <p>Two surfaces to shoot</p> <p>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> |