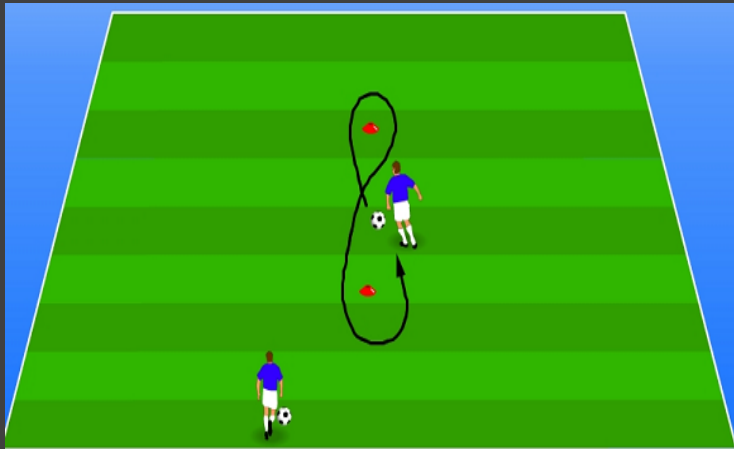


WARM-UP GAME: **FIGURE 8's**



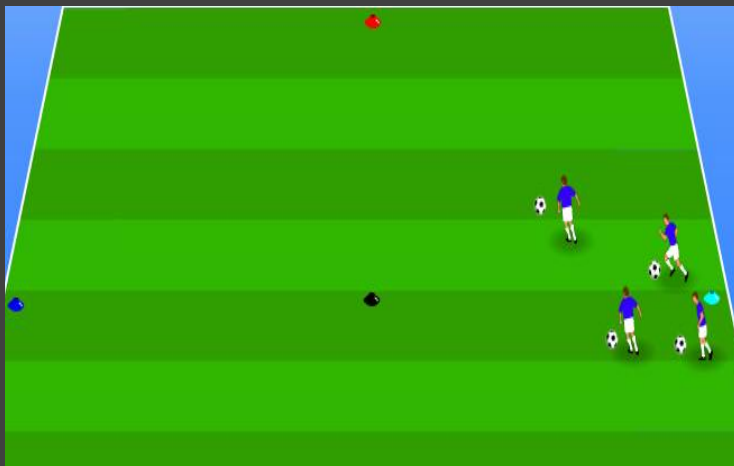
SETUP: Players alone with a ball, 2 cones for each player placed 8-12 feet apart

DRILL INSTRUCTIONS: Players go thru a progression of dribbling – always making the 8 motion. They should look to go fast in between the cones and have control when making the turns. Go for 30 seconds for each progression, then rest for 20 seconds

Progression: 1) Insides only (alt. R/L) 2) R foot only 3) L foot only 4) Sole (bottom of foot) only 5) Go for speed, can dribble with any surface

COACHING POINTS: Run with head up – field awareness. In blob, work together and communicate. Try to get behind the blob to avoid being tagged

SKILL TRAINING ACTIVITY: **FIVE COLOR DRIBBLING**



SETUP: Place 5 colors spread out on the field – 20 yd. apart. Each player with a ball. ***If you don't have 5 colors then use 5 objects (hat, ball bag, cone, etc.)**

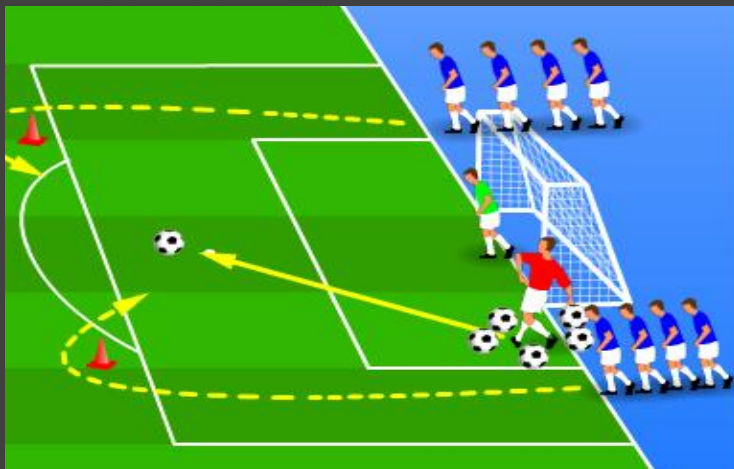
DRILL INSTRUCTIONS: Players dribble to a color on the coach's command. When they get to a color just stop the ball w/ the sole and wait for the new color. 5 levels – Each level is harder and should last 25-35 seconds, followed by a rest.

1. Insides only – go slow, lots of touches
2. Right foot only
3. Left foot only
4. Sole only (bottom of foot)

Lightning Round– the colors change very fast, can use any foot surface

4 KEYS TO DRIBBLING: 1. **Keep the ball close** 2. **Keep your head up** 3. **Bend your knees** 4. **Arms out to the side.** Tight traffic so they need to keep the ball close and know where they are going (head up).

FUNCTIONAL GAME: **50/50 1v1 Game**



SETUP: 2 teams – Each team in a line behind their cone at the side of the goal. All balls w/coach. There is a cone placed in front of the lines 15 yards away

DRILL INSTRUCTIONS: When coach yells, "Go!" the first two players in each line sprint around the cone in front of them. The coach plays a ball into the middle of the penalty area. Players play 1 versus 1 to the goal. 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). Players must take at least 2 touches (can't shoot immediately from the coaches pass). Players return to their lines after the play, and the next player in line is up. Can make it a 2v2 game.

COACHING POINTS: Keep your body in front of the attacker. Try to prevent the attacker from getting towards the middle of the goal. Don't dive in. For attackers – be deceptive, shoot when you have space