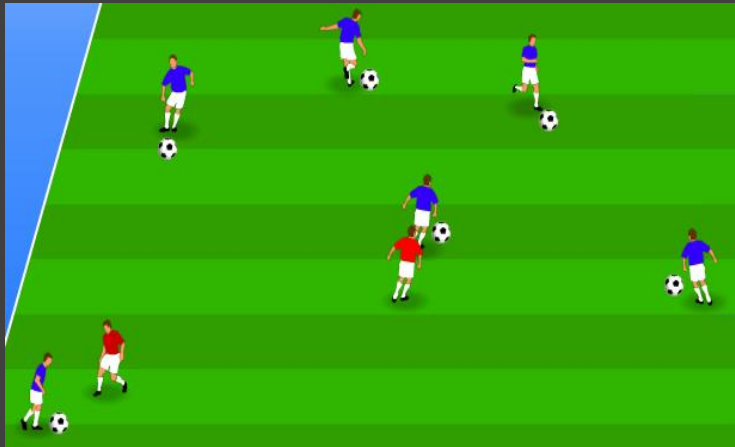


WARM-UP GAME: **BANSHEE**



SETUP: 75% of players w/ball. 25% of players w/o ball. 15x15 yard grid. Banshees wear a vest

DRILL INSTRUCTIONS: Players w/ ball try to keep their ball in the grid. Player's w/o the ball are the banshees. The banshees run around and try to steal and kick out soccer balls from the grid. If a player's ball is kicked out, quickly as possible they retrieve their ball and try to once again keep it inside the grid. Play four, 2 minute rounds. Banshees win the game if at any point in time no player has a ball inside the grid

COACHING POINTS: Remember the four keys to dribbling from last week (ball close, head up, knees bent, arms out). If shielding the ball, keep body between defender and ball. Don't let the ball sit idle, maneuver it to open space

SKILL TRAINING ACTIVITY: **PULL TURN PRACTICE**



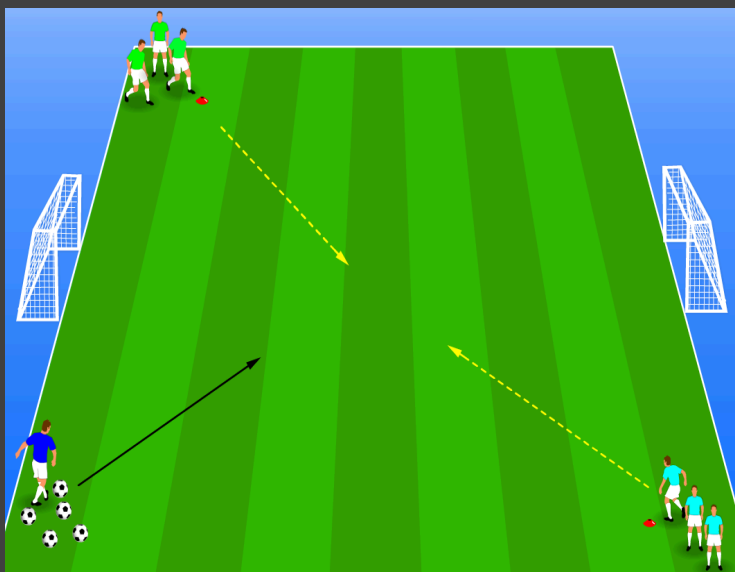
SETUP: When teaching, show the move to the player first and let them walk it through. Correct errors. After a minute give key points. If a player is properly performing the turn, let them demonstrate to the team

DRILL INSTRUCTIONS: Pull Turn - Most simple turn in soccer, but is used at all ages from youth to professional. You are dribbling one direction and you put your foot on top of the ball (sole), role the ball the opposite direction, and accelerate away.

PROGRESSION: 1) Can they do it with their weak foot 2) Can they do it while dribbling fast 3) Can they do it on the coach's command

COACHING POINTS: Don't do the pull turn if there is a defender directly behind you. Make the defender believe you are going to continue dribbling forward and use the pull turn to escape away. Once you do the pull turn explode away into a new space

FUNCTIONAL GAME: **2 Goal Game With Turns**



SETUP: 2 teams – each team in a single file line, on opposite sides of the field. All the balls with coach. First player for each team plays against each other

DRILL INSTRUCTIONS: When coach yells, "Go!" the first two players in each line run into the middle of the field. The coach plays a ball into the middle of the penalty area. The players battle for control of the ball. Before a player is allowed to score they must successfully do a pull turn. If they don't do the turn, the goal does not count. Players can do more than one pull turn if they want!

COACHING POINTS: Set up the defender to believe you are going to continue on in one direction, and use the pull turn to escape their pressure. Don't do the pull turn with the defender behind you – encourage the players to learn on their own how to set up the direction change move. **If you don't have two small goals, then use cones to make a goal.**