

**WARM-UP GAME: GOALIE CATCHING**

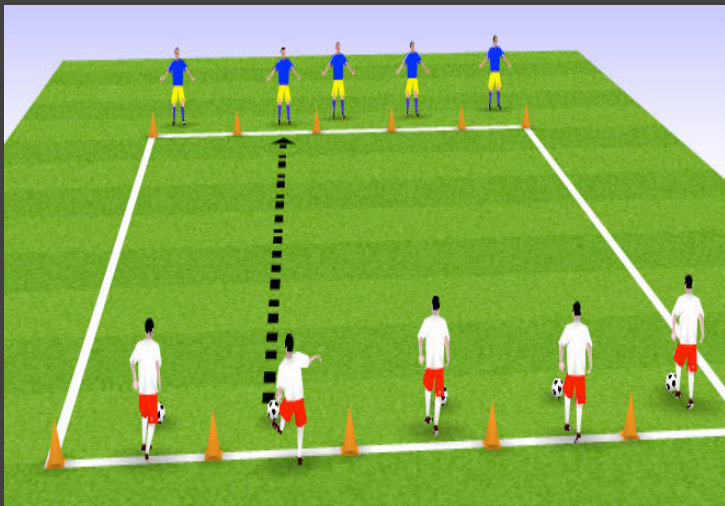


**SETUP:** Players in a pair, each with a ball

**DRILL INSTRUCTIONS:** Progression: 1) Each player bounces the ball hard to the ground and tries to catch it with both hands behind the ball 2) Player throws the ball in the sky and attempts catching it high above their head 3) Player throws ball at partner from 7 yards right at their chest height 4) Player tries to throw the ball randomly past their partner

**COACHING POINTS:** We are trying to teaching the kids the basics of goalkeeping. Basic Rules: 1) Goalies can use their hands only inside the goal box 2) Once they get the ball they can move inside the box and distribute the ball by throw or kick (any kind of throw, doesn't need to be "throw-in")

**SKILL TRAINING ACTIVITY: PASSING PROGRESSION**



**SETUP:** Players in same pairs as goalie catching. Partners are spread out 10 yards in distance w/1 ball

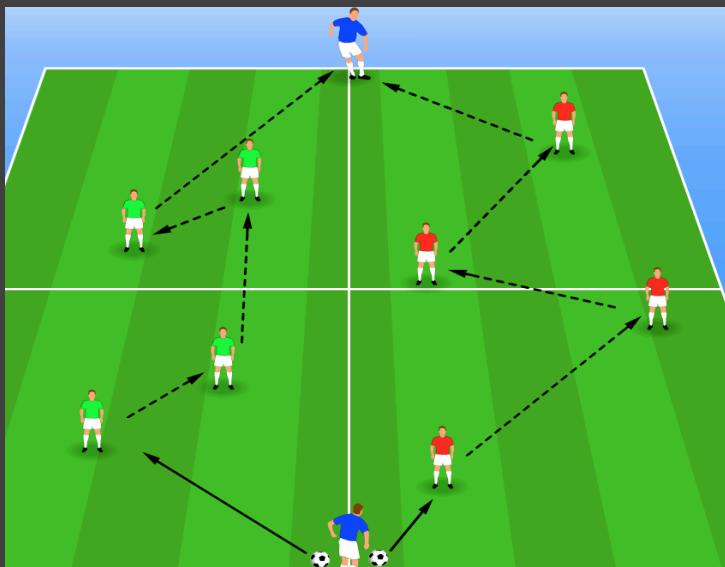
**DRILL INSTRUCTIONS:** Spend 2.5 minutes on each combination – 60 seconds of "warm-up practice," a 30 second break, and then 60 seconds of "competition" where each pair tries to see how many passes they can make

**4 PROGRESSIONS:** 1. Right foot only (2 Touch) – Receive R, Pass R 2. Left foot only (2 Touch)– Receive L, Pass L 3. Expand the passing distance to 15-20 feet 4. One touch passing (5-10 feet apart)

**COACHING POINTS: 4 KEYS OF PASSING**

- + 90% of all passes should be with the inside foot
- + Plant foot goes next to the ball a hands width away
- + Plant foot points towards the target
- + Swing and follow thru the ball like a GOLF CLUB

**FUNCTIONAL GAME: PASSING RACE GAME**



**SETUP:** 2 teams, each with a ball. One coach at opposite sides of the field (target players). A cone line to divide the field in half the long direction.

**DRILL INSTRUCTIONS:** This is a passing race game. One target coach will pass one ball at the same time to both teams. The teams race to make a pass to other target coach, and then return back to the starting targeting coach. Before a team can make a pass to the target coach, all the players must touch the ball (they all most receive and make a pass). When the ball is passed to a target coach, it is returned to that team who must complete another sequence of passes on their way back to the other target coach. The is no defending the opposing team, both teams must stay in their half of the field. Play a couple rounds – can make it a down and back twice race, or longer!

**COACHING POINTS:** Hit rolling, firm, accurate passes. Spread out, make sure the passes are at least 5 yards in distance. Try to make forward passes, not backward passes. If you haven't touched the ball yet, call loudly for it!