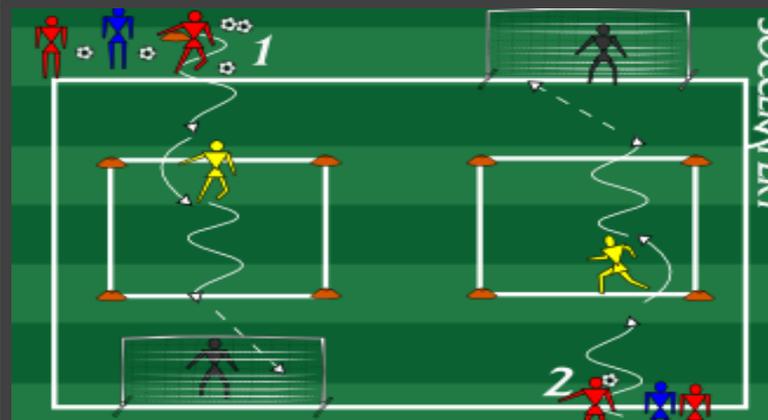


WARM-UP GAME: 1v1 BOX BATTLE TO GOAL

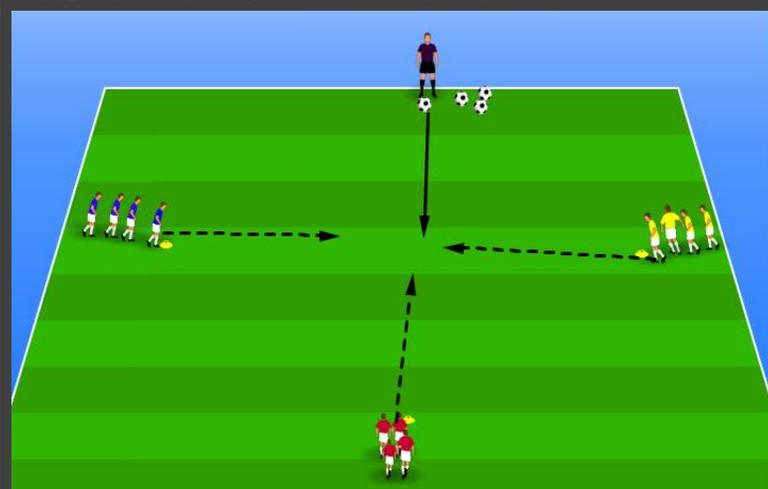


SETUP: Create a 10x10 yard box for the defender. Goal with a goalie. Attackers w/ball 10yds from box

DRILL INSTRUCTIONS: Attackers must dribble into the box, once in the box they can shoot at any time. The defender must stay inside the box. The attacker can dribble by the defender, or can shoot if they have space in box. If the attacker scores they return to the attacking line. If the attacker fails to score, they become the defender, and the old defender joins the attacking line.

COACHING POINTS: Attackers go with speed. Attacker doesn't need to get by defender, just create space to take a shot. Defenders do not over commit, stagger your feet and force the attacker to a side-line in the box

SKILL TRAINING ACTIVITY: BATTLEFIELD

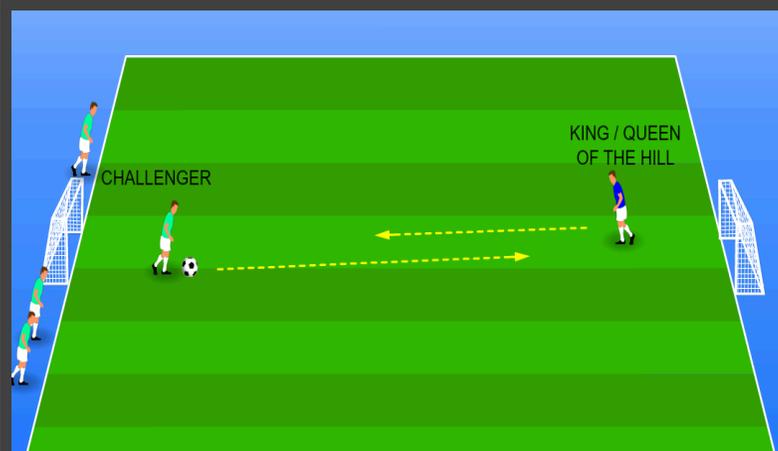


SETUP: Three teams in a 25x25 yard grid

DRILL INSTRUCTIONS: Coach throws a ball in play, the first player in each line (3 total players) battle for the ball. Player that is in possession tries to keep the ball for 5 seconds from the other two players. If they are able to hold the ball for 5 seconds, then pass the ball to their coach, they get a point. Coach can move after 5 seconds to create a passing angle/lane. Coach counts down from 5 loudly to let players know how much longer they must keep possession.

COACHING POINTS: Try to be deceptive, make it tough for your partner to stay w/ you. Change directions often, accelerate after direction changes. Keep head up to avoid collisions

FUNCTIONAL GAME: 1v1 KING/QUEEN OF THE HILL



SETUP: 20x20 yard grid. One player starts is the king of the hill at the far goal – everyone else is in the challenger line and near goal. Challengers have a ball.

DRILL INSTRUCTIONS: Challenger tries to score on the King's goal. If the challenger scores they become the new King. If the King is able to steal the challenger's ball and score on the challenger's goal, they stay as King. If the challenger fails to score a goal in 30 seconds, the King remains and a new challenger goes. As soon as a goal is scored, the new challenger goes on the attack immediately. It is very hard to stay as the King because you always start on defense and there is no rest in between the challengers.

COACHING POINTS: Attack at speed, if there is an opening to shoot, then shoot. Defender protect the area in front of the goal. If you don't have little goals available, you can make a goal using cones.