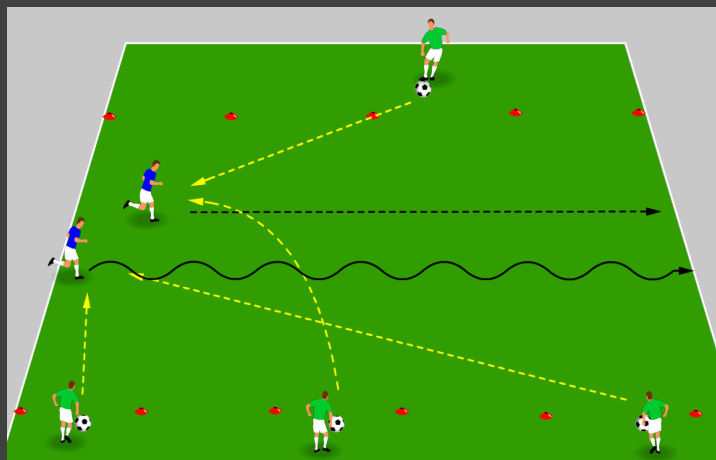


WARM-UP GAME: STAR WARS

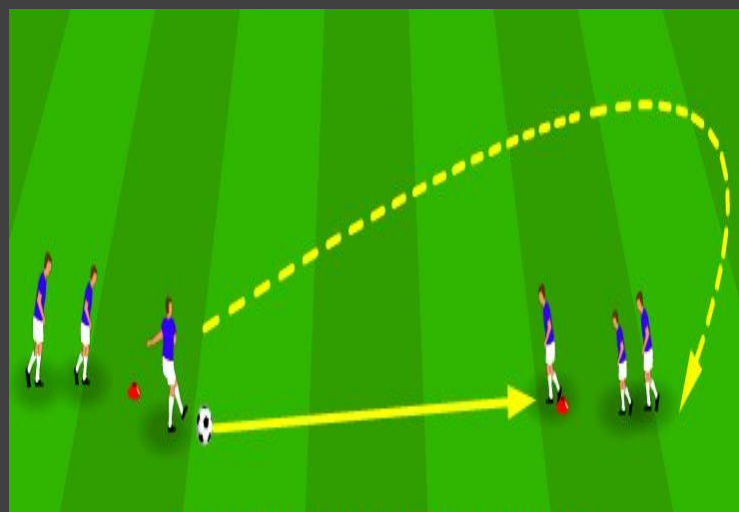


SETUP: Make a grid that is 30yds long X 15 yards wide

DRILL INSTRUCTIONS: Coaches start on the sidelines with a ball (they are the “dark side”). Players attempt to run from one end-line to the opposite end-line. As the players run, the dark side kicks balls and tries to hit the runners ***below their knee***. If a player is hit they join the “dark side.” Players try to avoid being hit (they can dodge, jump, etc.). When the players reach an end line they pause, while the dark side collects their balls for the second round. The game goes until there is only one runner left (everybody else is the dark side). You can play multiple times

COACHING POINTS: Pass on the ground with the inside of the foot. Passes should roll, be firm, and be accurate. Try to pass to the space in front of the runners so it hits them where they are going to be

SKILL TRAINING ACTIVITY: SHUTTLE DRILL



SETUP: Groups of 5, one ball. Two cones placed 15 yards apart (½ players behind each cone)

DRILL INSTRUCTIONS: 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 then they go to the back of the other line.

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

Progression: 1) No Ball – Tag Hands 2) Speed Dribble 3) Pass 4) Expanded distance pass

COACHING POINTS: 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

FUNCTIONAL GAME: MLS SHOOTOUT



SETUP: All players w/ball. Cone 30 yards from goal.

DRILL INSTRUCTIONS: Coach counts down from 5. When coach starts counting, 1st player in line goes on a break away and must shoot before the time expires. After the player goes they get their ball and return to the back of the line. Can play a version w/ elimination if you want. Make sure players stay out of the middle on their way back to the line – this will keep the drill moving fast and prevent collisions.

COACHING POINTS: Dribble in a straight line towards goal. Use your laces for speed dribbling. When coach gets near 1 second left, shoot (try to get as close as possible in first 4 seconds). Close to goal, shoot for accuracy (inside). Far from goal, shoot for power (laces)