

WARM-UP GAME: DOCTOR DOCTOR



SETUP: 2 teams in a 25x25 yard grid. Everybody with a ball except doctors. Doctor safe zone in corner

DRILL INSTRUCTIONS: Game similar to dodge ball – players try to pass and hit players on the other team with their ball (must be below the knee). If a player gets hit, they go down on one knee and are knocked out. Players that are knocked out can be brought back into the game by a doctor. Each team has one doctor – the doctor can tag players that are knocked out and bring them back into the game. Each doctor has a “safe zone” where they cannot be hit. Player can only use their ball, if they kick their ball out of bounds they must retrieve it. Hit must be **BELOW THE KNEE**. Team that knocks out all the other team’s players wins

COACHING POINTS: Use the speed dribbling surface when chasing after players. Keep your head up. If being chased use your turns to escape

SKILL TRAINING ACTIVITY: SHOOT TO SCORE



SETUP: All players w/ball

DRILL INSTRUCTIONS: Attacker passes ball to stationary coach who sets up the shooting situation. Players go through different shooting situations. Try to keep the lines short and moving quickly to keep the waiting time at a minimum. If a player misses (or scores) they chase/retrieve their own ball. Keep the shooting area clear (middle of the field) so nobody gets hurt. **NO GOALIES.**

PROGRESSION: 1. Ball passed to coach – coach lays it off to a side and players shoot 2. Coach passes ball to players who have 2 touches 3. Players move to an angle, and must shoot with the R foot inside after a pass from the coach 4. Players move to an angle, and must shoot with the L foot inside after a pass from the coach

COACHING POINTS: Plant foot goes next to the ball. 4-6 inches away. Point toe down and lock ankle. Lean over the ball and keep posture forward. Swing through the center to top half of the ball, following through like a golf club. Take a good backswing so that you generate foot speed

FUNCTIONAL GAME: 2V0 TO GOAL



SETUP: Team divided in half, each half behind a cone that is 25 yards from goal – cones are 12 yards apart from each other

DRILL INSTRUCTIONS: First person in each line is a pair. Coach passes a ball out to either of these two players.

Two players must complete 2 passes before they shoot on net. After each pair goes, they return to the back of their line. **PROGRESSION:** 1. Have a clock countdown, where players must score a goal in less than 7 seconds and make the 2 passes 2. The coach is a defender, no passing requirement (passive defense) 3. Make a player a defender, no passing requirement (active defender)

COACHING POINTS: Stay spread out – when a defender is added if players do not spread out then it’s easy to defend them. Try to keep momentum (and passes) moving forward in direction