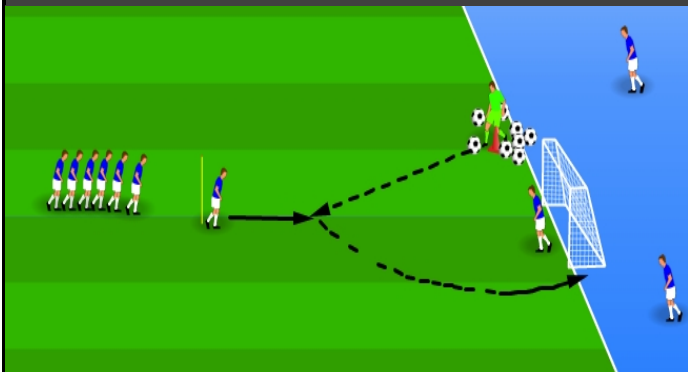


WARM-UP GAME: **THUNDER**

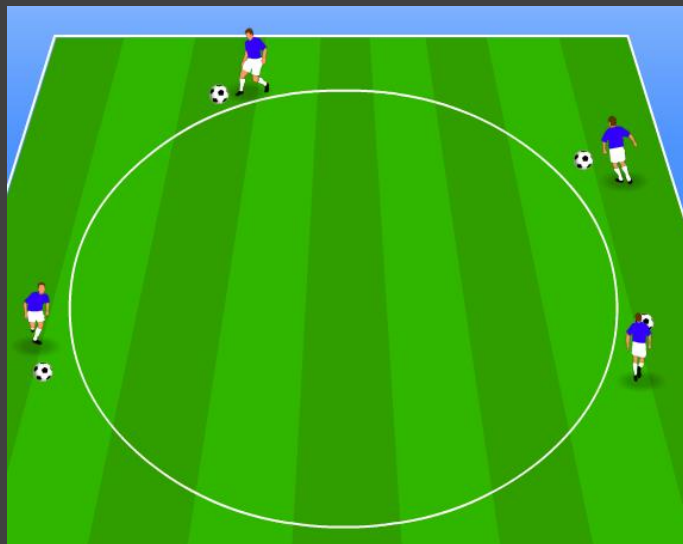


**SETUP:** All balls with coach next to goal. Players in a single file line 15 yards from the goal

**DRILL INSTRUCTIONS:** One player starts in goal. Ball is passed from the coach to 1<sup>st</sup> player in line. Player #1 shoots a first time shot. **After you shoot you become the goalie, not matter if you score or miss.** Rules: If you score your shot you can't be eliminated when you are the goalie. If you miss your shot and the player behind you scores you are eliminated. If you miss your shot and the player behind you misses you are safe. Game repeats until there is a winner – always a rotation from shooter to goalie. Players eliminated go stand behind the goal, they can return to the game if they catch an errant shot in the air

**COACHING POINTS:** Shooters – keep shots low. Goalies – ready position: leaning slightly forward, squat like, head up. Palms of hands open to the shooter at knee height

SKILL TRAINING ACTIVITY: **STOP/CHANGE/CUT**



**SETUP:** Every player with a ball. Use the center circle, if no center circle exists, cone off a large circle

**DRILL INSTRUCTIONS:** Players dribble around the circle in the same direction (teach them clockwise and counterclockwise). Players cannot dribble inside the circle, when dribbling past a teammate they must do so on their outside. Coach yells out a command and the players must do it. If they make an error they do 3 jumping jacks. Build up the progression, spend 1.5-2 minutes on each level before using all at once **PROGRESSION 1)** Stop – When the coach yells Stop, instantly the players must freeze with their foot on top of the ball **2)** Change – players must perform a pull turn and dribble the other direction around the circle **3)** Cut – players dribble through the center of the circle to the other side, stop when they get to other side

**COACHING POINTS:** Don't kick and chase the ball, have the ball under control at all times. When using a surface that is difficult (i.e. your left foot or sole), use the front portions of your foot that have extra sensitivity

FUNCTIONAL GAME: **COPS & ROBBERS**



**SETUP:** 25x25 yard grid. Divide the group into two teams – half are robbers (without a ball) and half are cops (with a ball). Make a jail to the side of the field

**DRILL INSTRUCTIONS:** When coach says, "Go!" cops try to pass their ball and hit a robber (must be a pass on the ground). If a robber gets hit they go to jail. Time how long it takes the cops to get all the robbers, then the two teams switch roles (cops become robbers, robbers become cops) and you can compare the times

**COACHING POINTS:** Inside foot passes. Use speed dribble to get close to the target. Make sure there is nobody between the passer and the target. Over-hit the passes. On the ground passes.