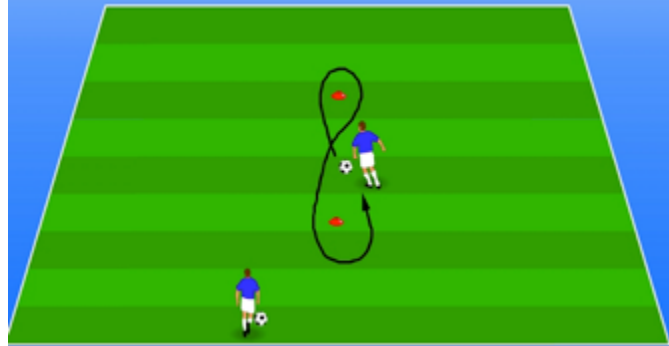

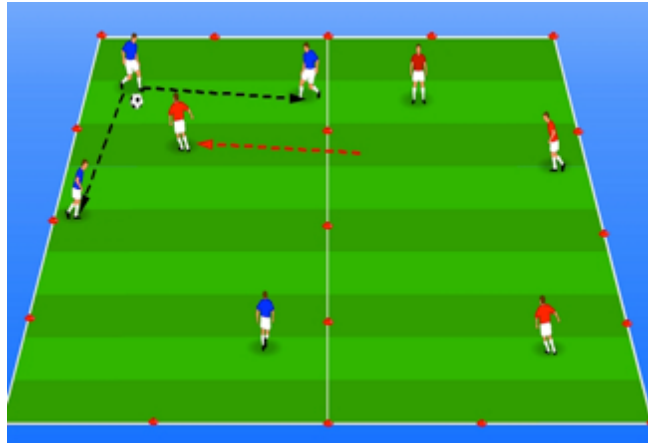


WEEK 1 - VERSION 1

Exercise/Notes	Description	Diagram	Coaching Points
<p>Figure 8's</p> <p>Players in groups of 2</p> <p>1 ball per pair</p> <p>Drill Set-Up: 2 cones placed 8-12 feet apart</p>	<ul style="list-style-type: none"> • Player A is working for 30 seconds, Player B is waiting out of the way • Player dribbles in an '8' motion, trying to complete as many 8's as they can • Once Player A goes, Player B is up and Player A rests - keeps players fresh <p>Figure 8 Series: 1) Insides only (alt. R/L) 2) R foot only 3) L foot only 4) Insides only backwards (alt. R/L) 5) Sole only/toe touches 6) Sole only/toe touches backwards 7) Insides only (not alt.) 8) Outsides only 9) Sole Rolls/Walk-The-Dog Drags 10) Speed Dribble</p>		<ul style="list-style-type: none"> +Start slow to get the rhythm then speed up +Mistakes are ok, try to go at a speed just outside your comfort zone +Teach your foot how to maneuver the ball
<p>Four Corner Speed Dribble</p> <p>All players w/ball, 4 Teams</p> <p>25ydX25yd grid w/5x5yd corner squares</p>	<p>Divide team into four groups, each group is in a corner square and has a color penny.</p> <p>Version 1 – Coach yells out two colors, those two groups speed dribble to the other colors corner square. First team to have all their players in the new corner square wins</p> <p>Version 2 – Coach yells out a direction (clock-wise, counter clock-wise, diagonal) and all four teams move, first team to get to the new corner square first wins</p>		<ul style="list-style-type: none"> +When speed dribbling it's essential the attacker dribbles with the outside of their laces. This surface provides the most control when going very fast. +The dribbler turns their toes inward and locks their ankle downward.
<p>On-The-Fly Keepaway</p> <p>2 groups of 4 or 5</p> <p>30ydX30yd grid with a center line</p>	<ul style="list-style-type: none"> - Each group of 4 is a team, with their own grid space - Coach has all the balls at the mid-line, in position to put a ball in play - One ball is placed in one of the grids - The team with the ball starts a game of possession (keep away) in their grid - The other team sends one player over to the other team's grid who attempts to steal the ball and then pass it back to their team's grid (4 vs. 1) - Coach keeps track of completed passes in a row (5 passes= 1 point) - If the defender kicks the ball out of bounds the pass count starts at 0 - If the defender wins the ball and plays it into their team's grid, they are now the team in possession – the team that was dispossessed is now the defending team - Defending players can rotate in and out, but must only have 1 player defending at any time 		<ul style="list-style-type: none"> +The team in possession should spread out and use the entire space – have players put their heels on the lines +Possession team should look to play in 1-2 touch, and pass the ball to the teammate that is open and furthest away +Defending player should try to cut off passing options