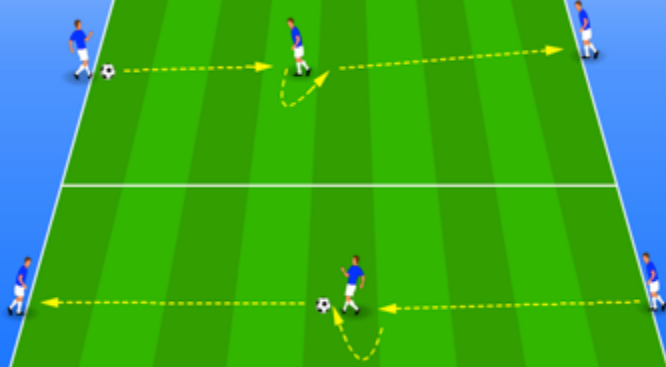




Exercise/Notes	Description	Diagram	Coaching Points
<p>Turns Off A Pass</p> <p>Players in groups of 3, one ball</p> <p>One player in the middle, the other two players 15 yards apart on cones</p>	<p>One player is in the middle working for 45 seconds. The working player is trying to relay the ball back and forth between the two end-line players. An end-line player passes to the middle player, who turns with the ball and passes to the other end-line player. Each turn/pass is one point. See how many turns the middle player can make.</p> <p>The end-line players need to give quality passes in no more than 2 touches. After 45 seconds switch the middle player. The middle player should look to turn in one touch, keeping the ball under control. When the ball is passed to the middle player they should move to meet it.</p>		<ul style="list-style-type: none"> + Good passes are rolling, firm, and accurate with the inside of the foot + Before turning, try to peak over your shoulder to look for defenders + Keep the ball close when turning
<p>Invisible Soccer</p> <p>35 yd. long X 25 yd. wide space</p> <p>Goals are large, at least 15 yards in space</p> <p>Can play 4v4, 5v5, or even 6v6</p>	<p>There is no soccer ball in invisible soccer. To pass the “ball” you call out a teammates name very loud and clearly. The player in possession of the “ball” places their hand on top of their head. To get a goal the player in possession of the ball (with their hand on their head) must run thru the opponent’s goal. To steal the ball on defense you must tag the player who has the ball.</p> <p>Players cannot put their hand on their head until their name is called, if so that is a turnover. If a player forgets to put their hand on their head that is also a turnover. A coach should ref the game to keep the flow. If you age group plays with the offside rule, once the player’s get the hang of the game you can play with offside. It is a great game to teach the rule. Note – there is no goalie, so to be offside it would be just the last defender.</p>		<ul style="list-style-type: none"> + The “ball” will move much easier and passes will string together, make sure players realize this is in large part b/c they are getting their heads up + Move off the ball to create numerical advantages (2v1 or 3v1) on attack + Keep possession to probe where to attack
<p>Power Marking</p> <p>4v4 or 5v5 game, can play with small goals or 7v7 size goals w/ goalies</p> <p>Every player has a partner, that is the only player you are allowed to defend</p>	<p>Normal game with a ball, except each player has a “mark.” Each player is responsible and allowed to only defend their mark. For example, if John’s mark is Brendan, then John can only defend Brendan and vice versa. John and Brendan are always 1v1 against each other - they cannot defend anyone else. In diagram: #2 is vs. #2, #3 is vs. #3</p> <p>This game will teach players to be aware of whom they are responsible for defending. If somebody gets by their mark, they should look to attack immediately. Defensive positioning (staying goal-side) is key.</p> <p>If a player leaves their mark to defend someone else, whistle the play dead and give a goal to the team that was cheated. After a few games let the players match-up with different marks</p>		<ul style="list-style-type: none"> + On defense, stress staying goal side of the attacker + On defense, always have a sense of the positioning of the opponent you are marking and also the ball + On offense, try to lose your mark. If you get behind your mark attack the goal