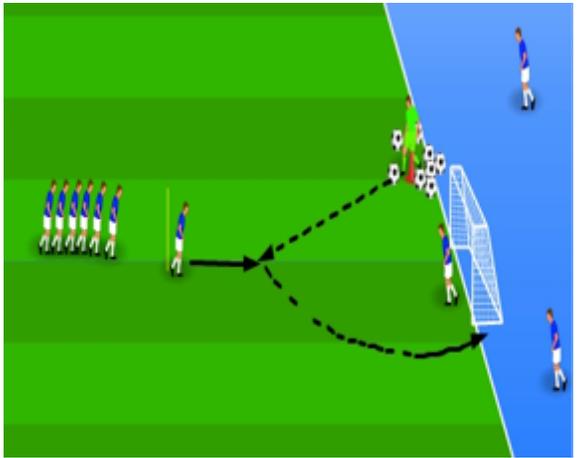


Exercise/Notes	Description	Diagram	Coaching Points
<p>Follow The Leader</p> <p>Players in pairs</p> <p>Each player has a ball</p> <p>20 yd. x 20 yd. space</p>	<ul style="list-style-type: none"> Label the players A and B Player A dribbles and tries to lose Player B. Go for about 30 seconds Switch roles, player B leads now <p>Progression: 1) Insides only (alt. R/L) 2) Insides only backwards (alt. R/L) 3) Sole only/toe touches 4) R foot only 5) L foot only 6) Insides only (not alt.) 7) Outsides only 8) Sole Rolls/Walk-The-Dog Drags 9) Free Dribble (any surface)</p> <p>Exercises 1-3 are meant to be done slowly. Exercises 4-9 can be a race where the leader tries to lose the follower. For exercises 4-9 when the coach yells "Stop!" if the follower is more than 5 yards from the leader they have 5 jumping jacks</p>		<ul style="list-style-type: none"> + When control dribbling 1) keep ball close 2) keep head up 3) knees bent 4) arms out to shield + When speed dribbling use the outside of the laces (be fast but also be under control)
<p>Soccer Football</p> <p>+All balls next to the post w/ the coach</p> <p>+Players divided in 1/2 (one team up shooting & the other team behind goal)</p> <p>+Shooting team players form a line 15 yards from the goal</p> <p>+ Defense team players spread out behind the goal</p>	<p>Ball is passed from the coach to 1st player in the shooting line. Player #1 shoots a first time shot (not allowed a control touch). After the player shoots they go to the back of the shooting line. If any player in the shooting line hits the ball over the goal and it is caught in the air by the team behind the goal (interception!), the two teams switch positions (defense becomes attack and is now shooting, shooters now behind the goal as defenders)</p> <p><u>Scoring:</u> 3 goals = 1 touchdown (you keep your touchdowns, but not your goals) i.e. you must get 3 goals to keep the points, if a team gets 5 goals (1 touchdown and 2 more goals) and then hit it over, they would only keep their touchdown, the two goals get wiped away</p> <p>Team that is behind the goal picks one player to be the goalie (switch this player often so everyone gets a chance)</p> <p>Maximum 2 minutes on attack, if no interception switch</p>		<ul style="list-style-type: none"> + Shoot the ball low + Accelerate before you shoot, plant foot next to the ball +Laces = power and inside = accuracy (know the correct surface) + Players behind the goal spread out to cover as much ground is possible
<p>World Cup</p> <p>Divide you team up into four smaller teams (3v3v3v3 or 2v2v2v2)</p> <p>Each team is a country, playing in an elimination tournament</p>	<p>All balls are with the coach to the side of the net. One goalie is in the net.</p> <p>Coach passes one ball into the field, all four teams battle for the ball – the player/team that scores advances to the next round (stand by the coach). For example: Round 1: 4 teams start, if black scores, black stands to the side of the goal (3 colors remain), if red scores next then they move to the side of the goal (2 teams remain), if green scores next then they advance and purple is eliminated. Round 2: 3 teams start, one is eliminated and two advance Round 3: Team that scores wins the World Cup</p> <p>If the ball goes out of bounds, quickly put a new ball in play. The last player to touch the ball before it goes in gets credit</p>		<ul style="list-style-type: none"> + Be aggressive, it is a battle + Close to goal look to shoot in one or two touches, if you take too many touches or go slow then the chance will disappear + The teammate should look to get open so you can pass to them