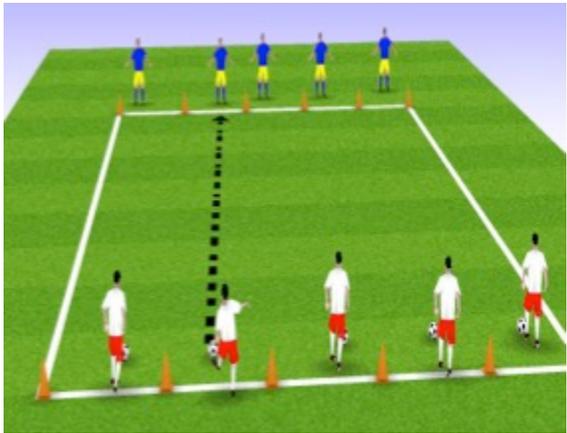
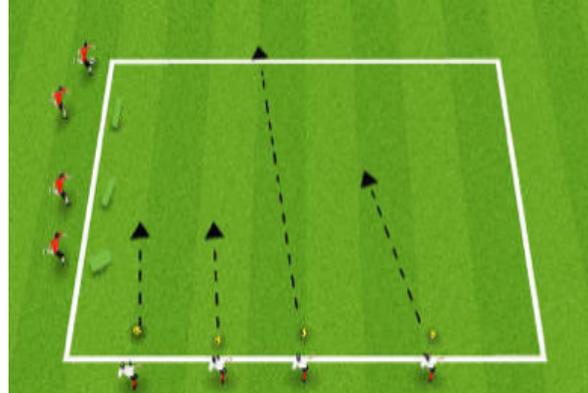
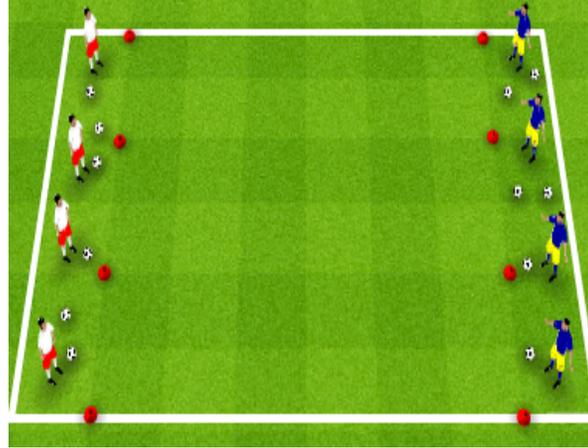


Exercise/Notes	Description	Diagram	Coaching Points
<p>Passing Progression</p> <p>Players in pairs, one ball per pair</p> <p>Pairs spread 10 yds</p>	<p>Spend 2.5 minutes on each combination – 60 seconds of “warm-up practice,” a 20 second break, and then 60 seconds of “competition” where each pair tries to see how many passes they can make</p> <p>4 Combinations: 1. 2 touches (stress controlling the ball) 2. Expand the distance between the pairs 3. 1 touch passing, shrink the distance 4. Pass and move around the space, try to complete a pass in every part of area</p>		<p>Firm – able to reach teammate. Passes that are too slow leave the receiver under pressure</p> <p>On the ground – the ball should roll, hard to control bouncing passes</p> <p>Right to the intended target – try to make the pass so accurate that the partner doesn’t need to move to receive it</p>
<p>Star Wars</p> <p>Two end-lines to the field and two sidelines</p> <p>Space should be 15 yds wide by 30 yds long</p>	<p>Coaches start on the sidelines with a ball (they are the “dark side”)</p> <p>Players attempt to run from one end-line to the opposite end-line</p> <p>As the players run, the dark side kick balls and try to hit the runners below the knee. If a player is hit they join the “dark side”</p> <p>Players try to avoid being hit (they can dodge, jump, etc.)</p> <p>When the players reach an end line they pause, while the dark side collects their balls for the second round</p> <p>Go into there is only one runner left (everybody else is the dark side)</p> <p>You can play multiple times</p>		<ul style="list-style-type: none"> + Pass with the inside foot + Point plant foot at the target + Follow thru and exhale when passing + Good passes are rolling, firm, and accurate
<p>Speed Race</p> <p>Players in two equal groups, each group has their own zone.</p> <p>One cone 15 yards behind each zone</p>	<p>Split your team up into two equal groups, each group has their own zone. Place one cone behind each zone (<u>not pictured</u>)</p> <p>Coach will say one of three commands</p> <p>Switch = Switch zones (go across to other zone)</p> <p>Double Switch = Go to the other zone then back to original zone</p> <p>Around: Go around the cone behind their zone and back to the original zone</p> <p>Start this exercise without a ball, then add a ball. Make it a competition where the team that gets all the players to the correct zone first gets a point</p>		<p>Speed Dribbling</p> <p>When speed dribbling it’s essential the attacker dribbles with the <u>outside of their laces</u>. This surface provides the most control when going very fast. The dribbler turns their toes inward and locks their ankle downward.</p>