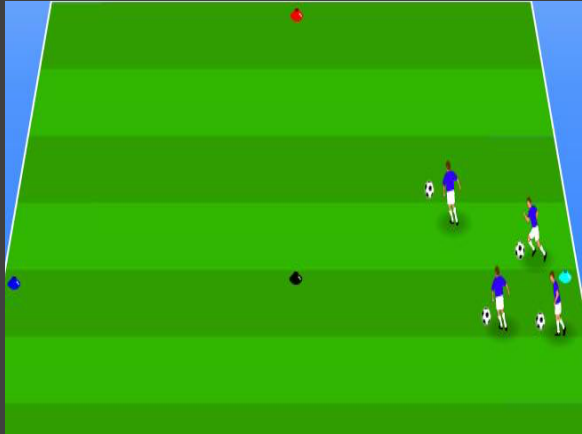


WARM-UP GAME: FIVE COLOR DRIBBLING



SETUP: Place 5 colors spread out on the field – 20 yd. apart. Each player with a ball. *If you don't have 5 colors then use 5 objects (hat, ball bag, cone, etc.)

DRILL INSTRUCTIONS: Players dribble to a color on the coach's command. When they get to a color just stop the ball w/ the sole and wait for new color.

5 levels – Each level is harder and should last 25-35 seconds, followed by a rest.

1. Insides only – go slow, lots of touches
2. Right foot only
3. Left foot only
4. Sole only (bottom of foot)

Lightning Round: the colors change very fast, can use any surface

4 KEYS TO DRIBBLING: 1. **Keep the ball close**
2. **Keep your head up** 3. **Bend your knees**
4. **Arms out to the side**

Tight traffic so they need to keep the ball close and know where they are going (head up).

SKILL TRAINING ACTIVITY: SHOOT TO SCORE



SETUP: All players w/ball.

DRILL INSTRUCTIONS: Attacker passes ball to stationary coach who sets up the shooting situation. Players go through different shooting situations. Try to keep the lines short and moving quickly to keep the waiting time at a minimum. If a player misses (or scores) they chase/retrieve their own ball. Keep the shooting area clear (middle of the field) so nobody gets hurt. **NO GOALIES,** unless you play with goalies for game time. **PROGRESSION:**

1. Ball passed to coach – coach lays it off to a side and players shoot
2. Coach passes ball to players who have 2 touches
3. Players move to an angle, and must shoot with the R foot inside after a pass from the coach
4. Players move to an angle, and must shoot with the L foot inside after a pass from the coach

COACHING POINTS: Plant foot goes next to the ball. 4-6 inches away. Point toe down and lock ankle. Lean over the ball and keep posture forward. Swing through the center to top half of the ball, following through like a golf club. Take a good backswing so that you generate foot speed

FUNCTIONAL GAME: OFFENSE AND DEFENSE



SETUP: Divide team in half, **goalkeeper in net only if you play games with goalies.** Teams line up (each player w/ a ball) at cones 35 yards from goal.

DRILL INSTRUCTIONS: One player starts the game - they dribble without any defender and attempt to score. Immediately after the green players shoots, the red player goes and tries to score. The green player that just shot becomes the defender. After the red player goes, a new green player goes and the red player who was just on offense is now the defender. The rotation is: 1. Shoot 2. Defend 3. Get a ball and go to the back of line. Attackers leave as soon as the offensive player shoots. If the defender steals the ball, that attack is immediately over and the new attacker goes. Play games to 10.

COACHING POINTS: On offense go at speed, attack at an angle where the defender is unable to prevent you from shooting. On defense, try to recover by getting in front of the attacker or decreasing their shooting angle to make it easier for the goalie