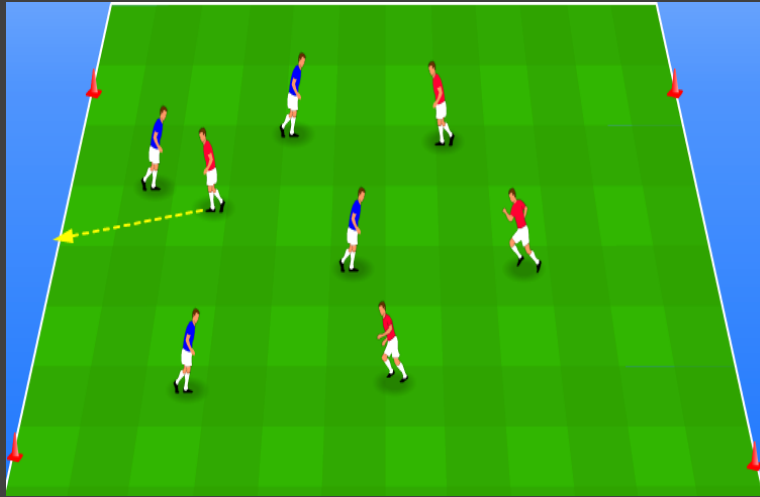


*If the season is still ongoing into Week #9 or #10, select either of these two drills to run. After you are done with the drill, go to GAME TIME!*

**WARM-UP GAME: INVISIBLE SOCCER**

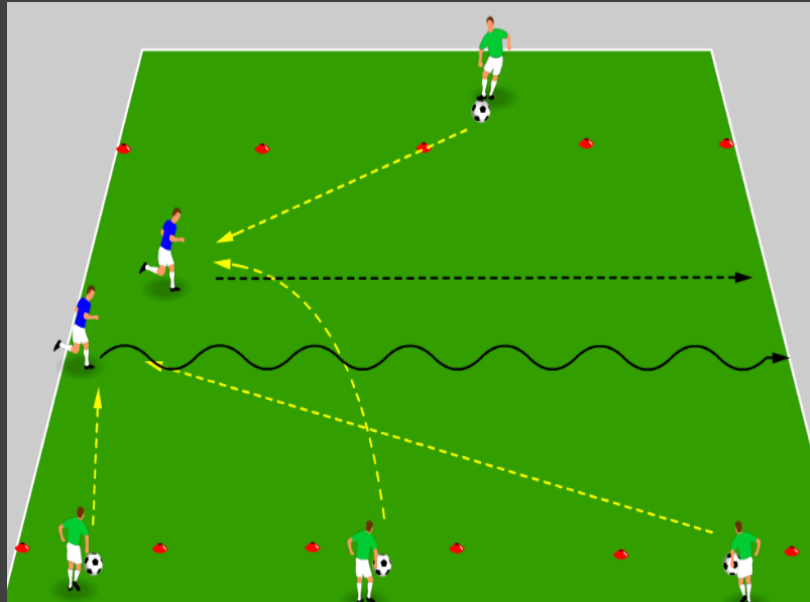


**SETUP:** 35X 25 yard grid. Cone goals are large, at least 15 yards in space. Two teams (4v4 or 5v5)

**DRILL INSTRUCTIONS:** 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. Players cannot put their hand on their head until their name is called. If a player forgets to put their hand on their head that is a turnover. A coach should ref the game to keep the flow.

**COACHING POINTS:** Make sure players realize the importance of getting their heads up. Move off the ball to create numerical advantages (2v1 or 3v1) on attack.

**WARM-UP GAME: STAR WARS**



**SETUP:** Make a grid that is 30yds long X 15 yards wide.

**DRILL INSTRUCTIONS:** Coaches start on the sidelines with a ball (they are the “dark side”). Players attempt to run from one end-line to the opposite end-line. As the players run, the dark side kicks balls and tries to hit the runners below their knee. If a player is hit, they join the “dark side.” Players try to avoid being hit (they can dodge, jump, etc.). When the players reach an end line they pause, while the dark side collects their balls for the second round. The game goes until there is only one runner left (everybody else is the dark side). You can play multiple times

**COACHING POINTS:** Pass on the ground with the inside of the foot. Passes should roll, be firm, and be accurate. Try to pass to the space in front of the runners so it hits them where they are going to be