



Exercise/Notes	Description	Diagram	Coaching Points
<p><b>Get The Coach</b> <b>10 Minutes</b></p> <p>Every player w/ ball</p> <p>25yd X 25yd grid</p>	<p>The coaches are the targets (can designate player(s) to be targets) the players all have a ball. The objective is that players kick their ball and hit the coach. Every time a player hits the coach, all the players get a point. The coach should say "Ouch!" to make the game fun. The coaches jog around the field, so the players are working on both dribbling (to get close to the coach) and passing (to hit the coach). Play a couple times.</p>		<p><b>4 KEYS OF PASSING</b></p> <ul style="list-style-type: none"> <li>+ 90% of all passes should be with the inside of the foot</li> <li>+ Plant foot goes next to ball, a hands width away</li> <li>+ Plant foot points towards the target</li> <li>+ Swing and follow thru like a GOLF CLUB</li> </ul>
<p><b>Steal The Bacon</b> <b>15 Minutes</b></p> <p>Two Teams</p> <p>Balls w/ Coach</p> <p>Two coned goals 10-15 yards apart</p>	<p>Each team is in a single-file line next to the coach, first player in each line on the coaches command sprints through their goal and into the field. The coach passes a ball to one of the two players, and they go 1v1 against each other. Round is over when a player dribbles thru a set of cones.</p> <p>DEMONSTRATE THAT THEY RUN AROUND THEIR GOAL BEFORE ENTERING THE FIELD</p> <p>2 Progressions (spend 5 minutes on each):</p> <ol style="list-style-type: none"> <li>1. Players can dribble thru either set of cones (can use the pull turn to change directions)</li> <li>2. Players can only dribble thru their opponent's set of cones</li> </ol> <p>If the game is lasting too long or the ball goes out of bounds, then the round is also over.</p>		<ul style="list-style-type: none"> <li>+ Body posture: <b>Knees bent</b> to create low center of gravity</li> <li>+ <b>Hands out:</b> For balance</li> <li>+ Vision: <b>Keep head up</b></li> <li>Surface areas: Use appropriate foot surface</li> <li>+ <b>Keep ball close</b> and be deceptive</li> <li>+ Defenders don't dive in recklessly</li> <li>+ Encourage the players to practice the moves they now know</li> </ul>
<p><b>SCRIMMAGE</b></p>	<p><b>Play 3v3 game.</b> Teach that if the ball goes out of bounds everyone freezes and the coach will throw a new ball in play. Coaches should carry 3-4 balls in their hands.</p>		