
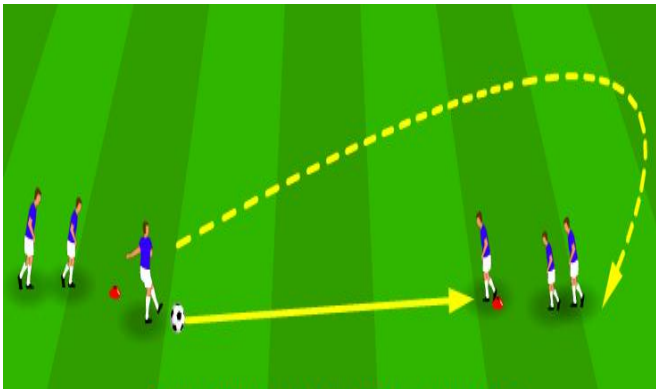


Exercise/Notes	Description	Diagram	Coaching Points
<p>Chain Tag 10 Minutes</p> <p>25yd X 25yd grid</p>	<p>Fun quick warm-up game. Game is also known as blob tag. Pick a few players to be “it” and make a small field. If you are tagged, you hold hands and join a chain. Go until there is only one player left (not in a chain). Great game to get the kids smiling, engaged, and interacting. First game nobody has soccer balls, for the second round players not in the blob have a soccer ball (players in blob are w/o their ball – so if a player is tagged they kick their ball out before joining the blob).</p>		<p>Run with head up – field awareness</p> <p>In blob, work together communicate</p> <p>Try to get behind the blob to avoid being tagged</p>
<p>Shuttle Drill 15 Minutes</p> <p>Groups of 5 – 1 Ball per group</p> <p>Cones placed 15yd apart</p>	<p>Half the players behind one cone and half behind the other. 1st player in line with the ball does the skill to the player in the other line, after this player goes, they go to the back of the other line.</p> <p>For example the second exercise is speed dribbling, 1st player speed dribbles the ball to the first player in the other line and goes to the back of that line, player that was speed dribbled to then dribbles back to the new first player at the starting cone – continuous shuttle</p> <p><u>Progression:</u> 1) No Ball – Tag Hands 2) Speed Dribble 3) Pass</p>		<p>If you have two groups doing this drill, after letting them practice the specific progression skill for a bit, make it competition – see what group can get to 20 repetitions the fastest</p>
<p>SCRIMMAGE</p>			