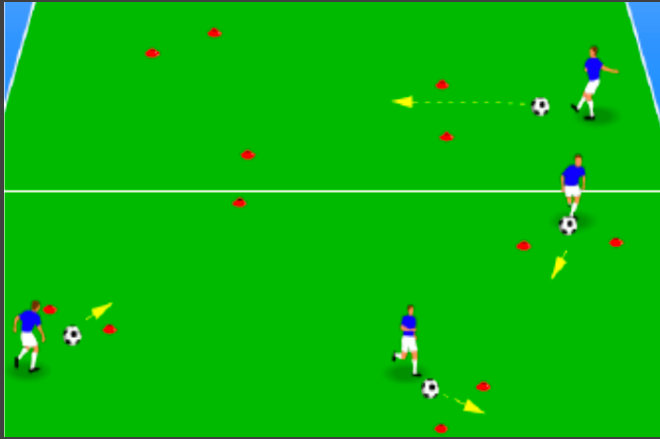


WARM-UP GAME: **GATES**



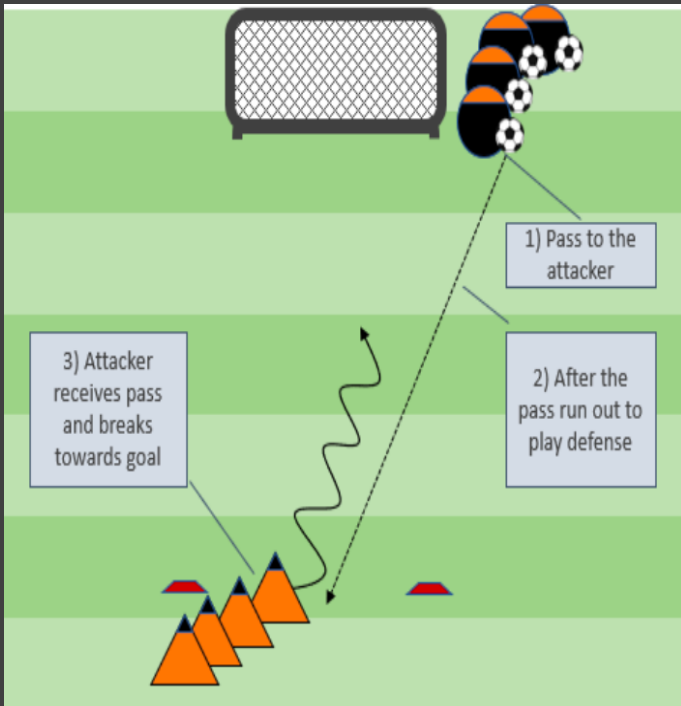
SETUP: Two cone gates spread throughout the field (try to have more gates than players)

DRILL INSTRUCTIONS: This is a dribbling exercise. Have players spread out and run the following **progression:**

1. Dribble thru as many gates as possible
2. Right foot only
3. Left foot only
4. Speed dribbling
5. Do a pull turn at each gate
6. Gate guards – pick a couple players to be defenders guarding the gates

COACHING POINTS: Reinforce good dribbling technique: head up, knees bent, ball close, arms out. When playing against an opponent use turns to escape their defense.

SKILL TRAINING ACTIVITY: **1V1 OFFENSE/DEFENSE**



SETUP: Split teams up evenly. 1 group stands near the goal (defense) and the other at the gate (offense). Place 2 cones 15 yards from goal to create a gate for attackers.

DRILL INSTRUCTIONS: Make sure teams are evenly matched. The defense will start when the coach passes the ball to the attacker who will be setup 15 yards out. After passing the ball the defender must run out to prevent the attacker from scoring. The attacker should receive the pass and then break towards goal to try to score a goal. Once a shot has been taken or if the defender clears ball to the outside, the next players can go. If the 1v1 is taking too long, the coach should add urgency by providing a countdown. Switch offense and defense lines after a couple minutes.

COACHING POINTS: Dribble with speed and urgency towards goal if you are attacking. Defense should engage the attacker as quickly as possible and force the ball/player to the outside.

Big defensive ideas: **1.** Stay between the attacker and goal. **2.** DELAY, be patient and attempt to slow the attacker down, so help defenders can assist. **3.** Angle your feet to force the attacker out of the middle, onto their weak foot, or to a help defender. **4.** Get attackers head down so they lose vision

GAME TIME – Play 3v3. Freeze if the ball goes out of bounds, coaches carry a ball in their hands to throw in play.