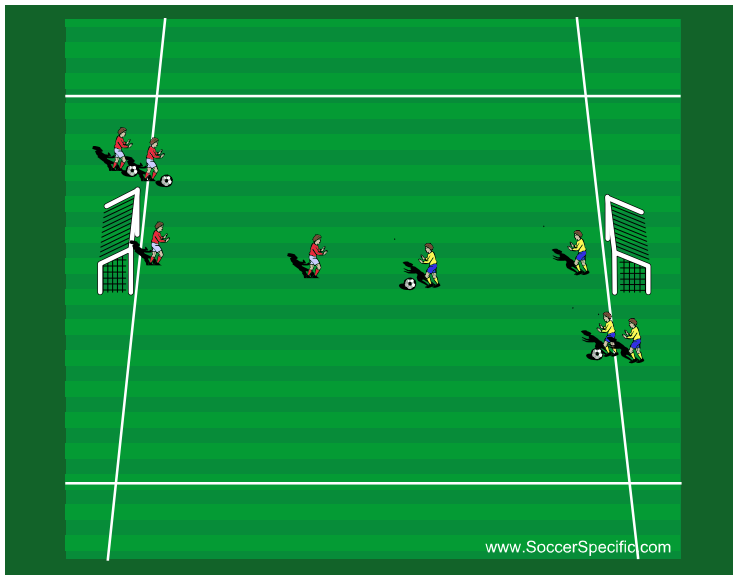


ACTIVITY #1

Set up: Dribbling warm up
2 lines across from each other
(Depending on numbers you may need multiple groups-3 groups shown)
every player needs a ball

Instructions: Players dribble to the middle and do a move/fake, then dribble to the end of the second line. The first player in that line dribbles forward once the player gets to their line
Progression Variation: 2 players going at the same time. First player in each line goes. They meet in the middle and do the same move so they do not run into each other.

Coaching Points: work on coerver moves (lunge, scissors, maradona, etc)
use different dribbling patterns (laces only, inside then outside, roll with the sole, etc)
change of direction (after the move push ball in acceleration at 45 degree angle)

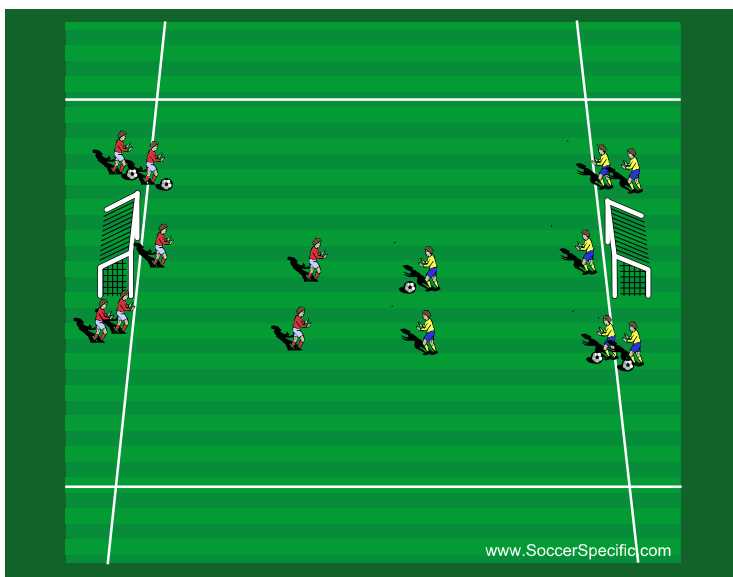


ACTIVITY #2

Set up: 1 vs 1 Transition
2 teams
1 goal each team
(adjust field space for players skill level)
Players on the endline have balls (less advanced players can have coach start with all balls on sideline)
(Progression 2 vs 2 transition or 3 vs 3 transition)

Instructions: Players play 1 vs 1, if the player scores or hits a shot that goes to the goalie or across the endline, the defending player goes off and a new player from that team comes on with a ball. If the offensive player scores 2 goals or takes 3 shots then they automatically switch with out with the next player in their line.

Coaching Points: use coerver moves/fakes, take advantage of the transition from offense to defense, recognize where the defender is when you come on and attack the open space, beat the player quickly and finish

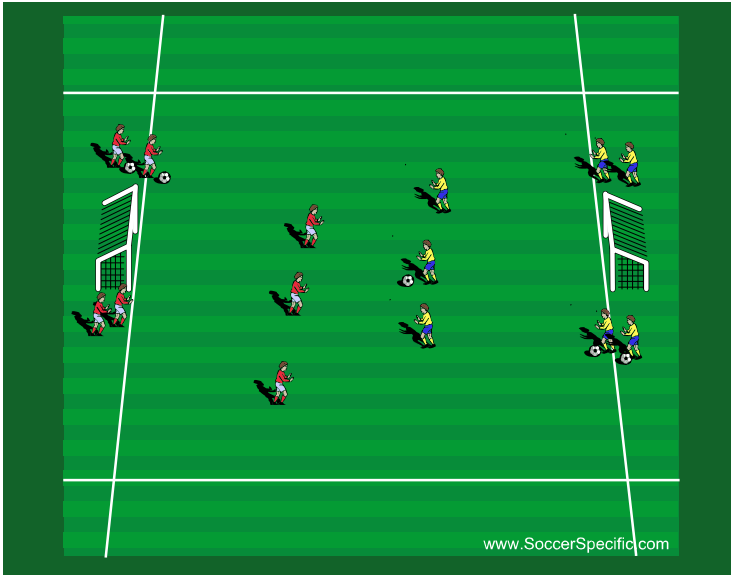


ACTIVITY #3

Set up: 2 vs 2 Transition
2 teams
1 goal each team (goalies or puggs)
(adjust field space for players skill level)
Players on the endline have balls (unless less advanced then coach has all balls on sideline)
(Progression: 3 vs 3 transition)

Instructions: Players play 2 vs 2, if the player scores or hits a shot that goes to the goalie or across the endline, the defending players go off and 2 new players from that team come on with a ball. If the offensive players score 2 goals or take 3 shots they automatically switch with out the next 2 players from their line.

Coaching Points: use Coerver moves/fakes, take advantage of the transition from offense to defense, recognize where the defenders are, Look to create 2v1 opportunities, combination runs, beat the player quickly and finish



ACTIVITY #4

Set up: 3 vs 3 Transition

2 teams

1 goal each team

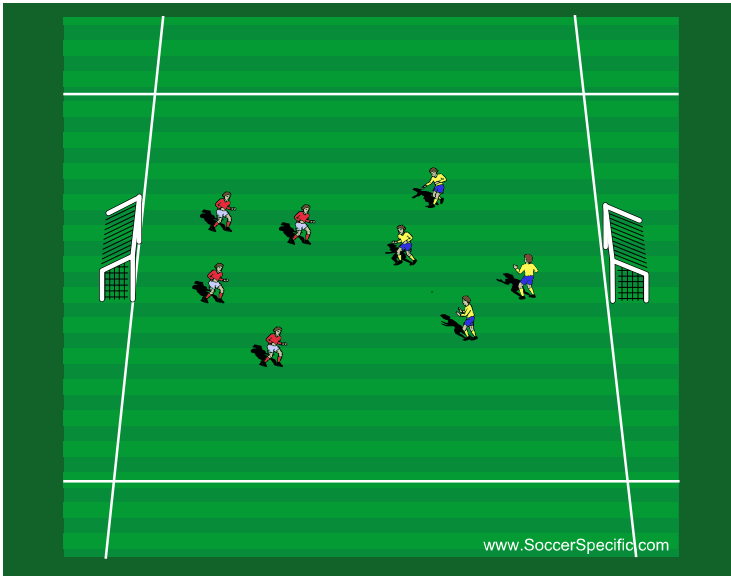
(adjust field space for players skill level)

Players on the endline have balls

Progression 2 vs 2 transition or 3 vs 3 transition

Instructions: Players play 3 vs 3 if the player scores or hits a shot that goes to the goalie or across the endline, the defending player goes off and an attacking player from that team comes on. If the offensive players score 2 goals or take 3 shots they automatically switch with out the next 3 players from their side.

Coaching Points: use moves/fakes, take advantage of the transition from offense to defense, beat the player quickly and finish, recognize where the defenders are and attack the open space



ACTIVITY #5

Set up: Scrimmage

4 vs 4 or 3 vs 3 and GKS

5 vs 5 or 4 vs 4 and GKS

Instructions: Goalies or no Goalies depending on the topic.

Coaching Points:

Dribbling: Players should attack the space, use coerver moves when in a 1v1 situation, change speed and change direction

Finishing: Players should look to score, use your laces for power and keep that ankle locked, have a good prep touch

Receiving: Players should look to get in good passing lanes to receive the ball, Open their body up to the field, 1st touch into space at a 45 degree angle, create triangles

Passing: Players must recognize when to pass or dribble, correct weight (pace) and accuracy of the pass. Can players look for passing combinations such as the give and go, overlap or up-back-through.