

ACTIVITY #1

Set up: Tails

each player has a penny tucked into their shorts like a tail (color doesn't matter)

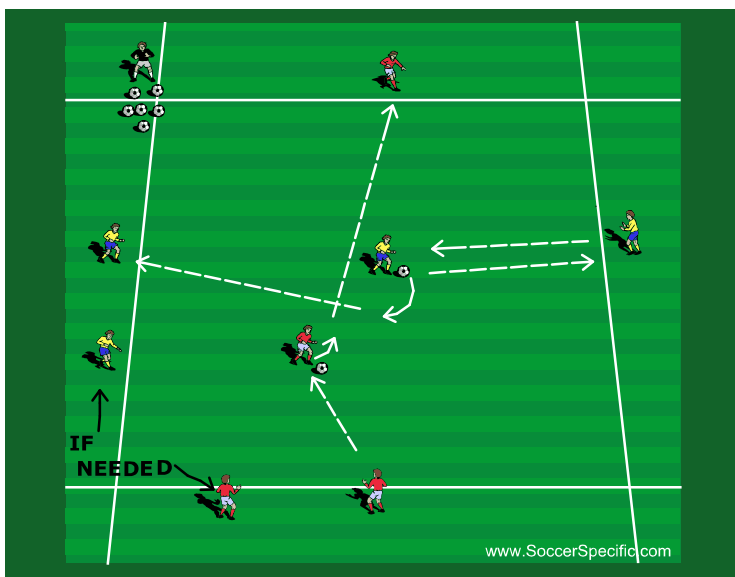
Instructions: Players try to pull out the tail of other players-1 point for each tail taken out.

If a player pulls a penny out they drop it on the ground and go for another player.

Tails can not be pulled when players are putting their tail back in their shorts.

Players can't hold on to their own penny or stiff arm when another player tries to pull it out

Coaching Points: head up, cut and change direction and speed, have fun



ACTIVITY #2

Set up: 1 vs 1 plus 2 no pressure

2 teams- yellow vs red, 15 x 15 yard grid (advanced-12 x 12)

All Soccer balls with coach

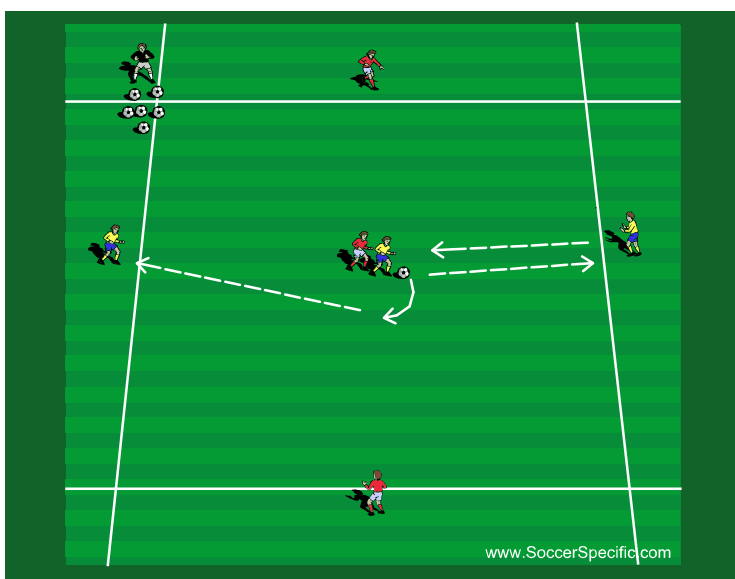
Instructions: Players on the outside pass to the player on the inside, who then turns and passes the ball to the player on the other side of the grid. Outside Players can use 1 or 2 touch, no pressure

Inside players: Try turning with inside and outside of foot.

Passing Patterns 1. up-back-through: inside player passes the ball to the outside, outside player passes the ball back to inside player, Inside player lays the ball off to outside player who then plays the ball across the grid to the outside player on the other side. 2. Give and Go: inside player passes to the outside player and runs to open space to receive pass back.

Coaching Points: Inside player: check back at 45 degree angle, good first touch, look for up-back-through patterns and combinations, fakes when turning, open body

Outside player: communicate, recognize combination plays, good first touch



ACTIVITY #3

Set up: 1 vs 1 plus 2

2 teams, 15 x 15 yard grid (make grid smaller for advanced players-12 x 12)

Soccer Balls on the side with the coach

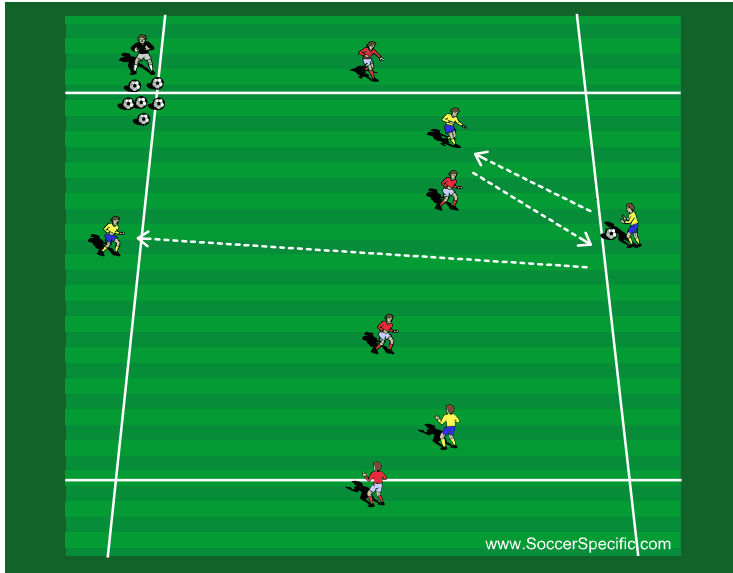
2 teams-yellow vs red

Instructions: Teams try to keep possession, 6 passes is a goal (adjust number based on skill).

Players on the inside have 2 touch (unlimited touch for less advanced players). Players on the outside have 1 touch (unless less advanced OR if it is a ball in the air switched from outside player to outside player). Players on the outside can pass to the other player on the outside.

(Advanced): players on the outside can enter the field on double pass with player in the middle-player in the middle will then take the players position on the outside.

Coaching Points: check back a 45 degree angle, good first touch off the foot, look for UP, BACK AND THROUGH patterns and combinations, protect the ball with the body-shield, fakes, open body



ACTIVITY #4

Set up: 2 vs 2 plus 2

2 teams: yellow vs red

15 x 15 yard grid (make grid smaller for advanced players-12 x 12)

Soccer Balls on the side with the coach

Instructions: Teams try to keep possession, 6 passes is a goal (adjust number based on skill). Players on the inside have 2 touch (unlimited touch for less advanced players) and players on the outside have 1 touch (if the ball is passed in the air from the other outside player-then the outside player has 2 touches to control the ball). Players on the outside can pass to the other player on the outside. Outside player can enter the field on a double pass with player in the inside. Inside player then switches to the outside position. If the other team steals it they are trying to keep possession

Coaching Points: check back a 45 degree angle, create a diamond shape, good first touch off the foot, look for UP, BACK AND THROUGH patterns and combinations, protect the ball with the body-shield, use fakes, open body position to the field-(back to the sideline)

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.

