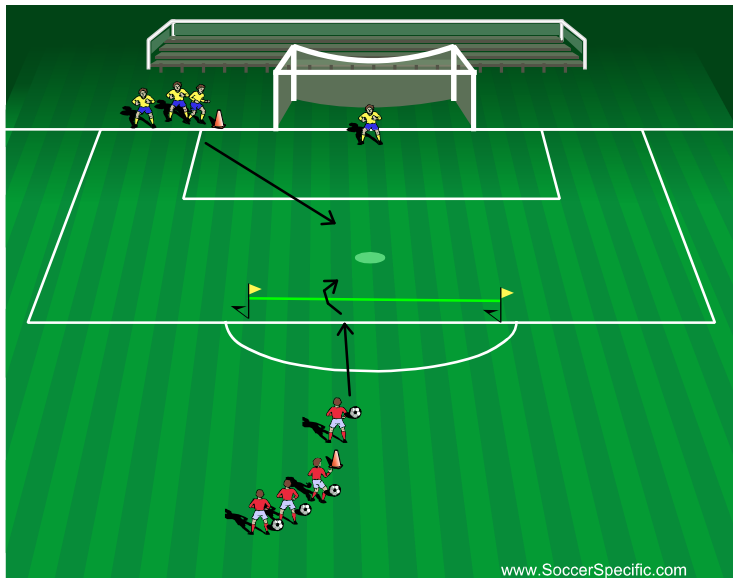


ACTIVITY #1

Set up: Warm-up: Dribbling Square
20 x 20 box (Adjust size for skill level and number of players)
Each player needs a ball

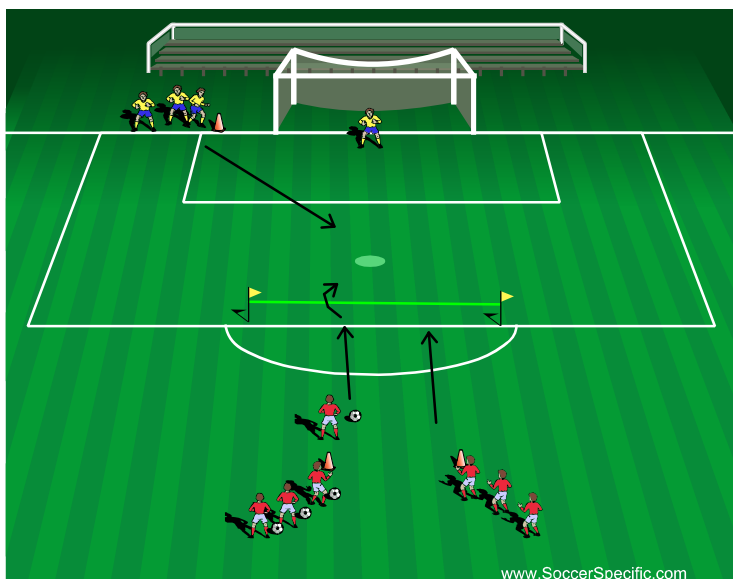
Instructions: Each Player is dribbling around the box using different techniques.
1. laces dribbling 2.inside touches 3. toe-tap/ball taps 4.inside then outside of the right foot 5.inside then outside of the left foot 5.pull back 6.inside cut 7.outside cut 8.Cruyff Turn 9.Scissors 10.Lunge 11.step-over 12.maradona 13. sole of the foot roll (choose the techniques that are age appropriate)
Coaching Points: 1. Keep the ball close 2. Use quick and short touches 3. Find the open space 4. Keep your Head up



ACTIVITY #2

Set up: 1 vs. 1 and agility
2 lines/teams, 1 line at the baseline one line at the top of the box
2 sticks with a string-hurdle attached
players at the top of the box with a ball

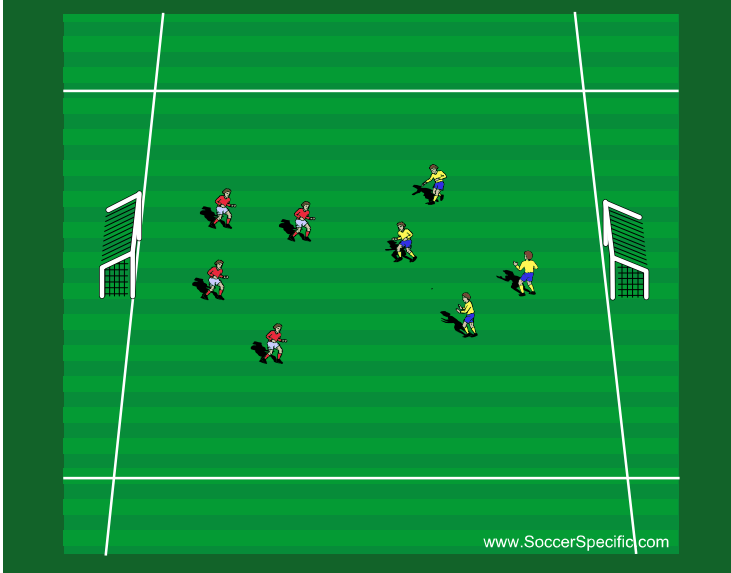
Instructions: players at the top dribble to the hurdle push the ball under the string and jump over the string, then must beat the defender 1 vs 1 to goal
switch after 2 minutes-team with the most goals wins
Coaching Points: keep the ball close, use fakes/moves to beat the defender, create space for a shot



ACTIVITY #3

Set up: 2 vs. 1 w/ agility
2 teams: 1 team in a line at the baseline & 1 team in 2 lines at the top of the box
2 sticks with a string (hurdle) attached
Players at the top of the box with a ball
Instructions: The 2 players at the top dribble to the hurdle, push the ball under the string and jump over the string. Then they must beat the defender, 2 vs 1, to score a goal
switch after 2 minutes-team with the most goals wins

Coaching Points: Offensive runs: second attacker can over lap the player after they jump over the hurdle
keep the ball close, use fakes/moves to beat the defender, create space for a shot, disguise the play



ACTIVITY #4

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.