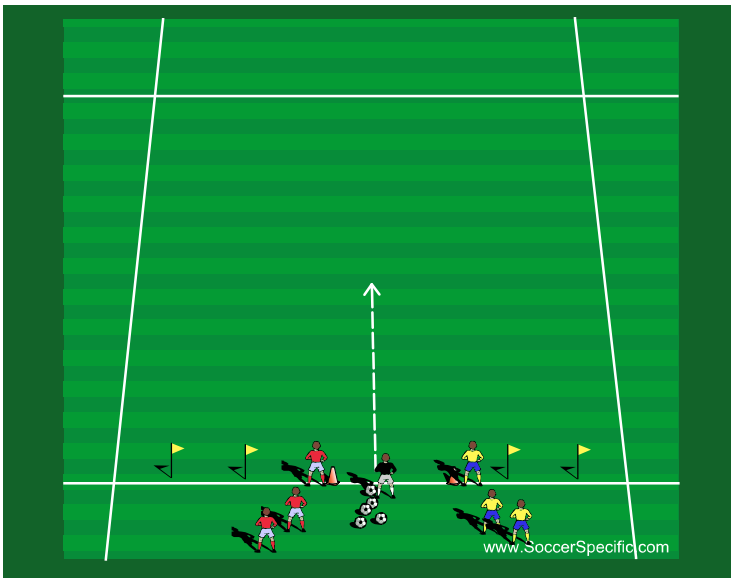


ACTIVITY #1

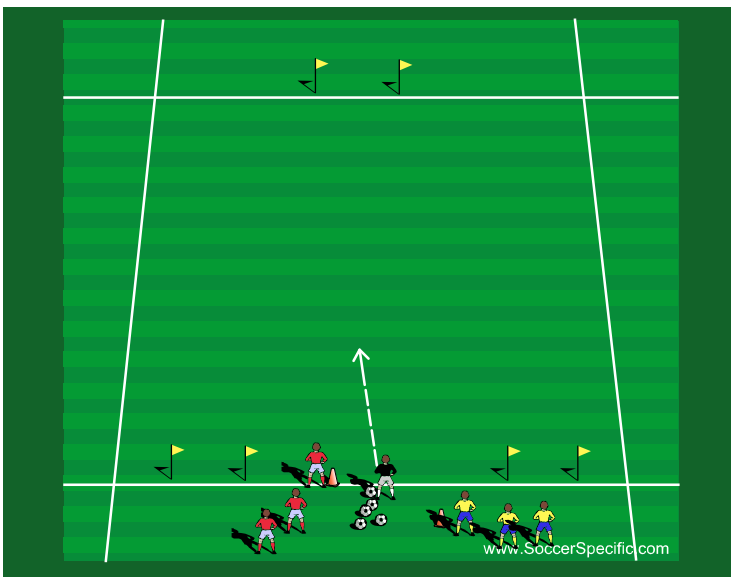
Set up: Warm-up: Dribbling Square
20 x 20 box (Adjust size for skill level and number of players)
Each player needs a ball

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



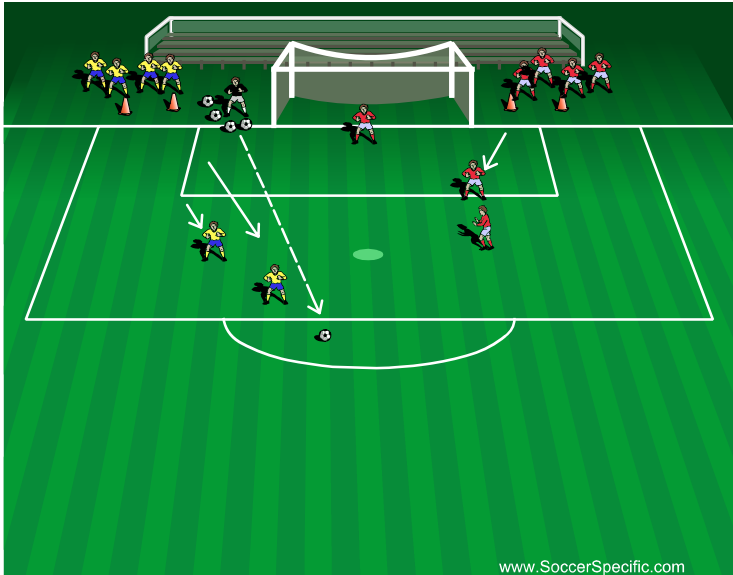
ACTIVITY #2

Set up: 1v1 Turning
20 x 15 grid (adjust as needed)
3 yard wide goal
Instructions: Coach serves ball and 1 player from each team races to the ball and attempts to turn and score (shoot) on the goal closest to where they started. Keep score, first team to 10 wins.
Coaching Points: React quickly when the ball is passed by coach. Be first to the ball. Turn away from defender, shield ball, use outside or inside of foot. After turn, heads comes up to see space and then attack goal.



ACTIVITY #3

Set up: 1v1 Turning with Counter Goal
20 x 15 grid (adjust as needed)
3 yard wide goal
Instructions: Coach serves ball and 1 player from each team races to the ball. Red are the attackers and turn and score on either of the two goals. Delay the Defending line, Yellow, by starting them 5yards behind attacking line. Yellow, defender, tries to win ball and score on the one counter goal. Each goal is 1 point. After 7 minutes, attackers and defenders switch lines. Team with most points at the end of the game wins. Coach should pass the ball more towards the attackers to give them a better opportunity to work on turning.
Coaching Points: React quickly when the ball is passed by coach. Be first to the ball. Turn away from defender, shield ball, use outside or inside of foot. After turn, heads comes up to see space and then attack goal. Transition quickly from attack to defender and vice versa.

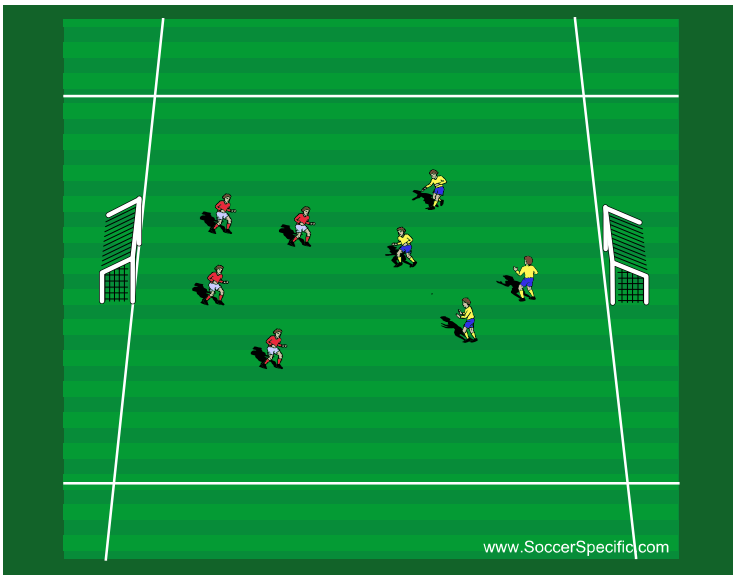


ACTIVITY #4

Set up: 2 vs 2 turning and finishing on goal
2 teams on the endline 1 goalie
coach on the endline

Instructions: coach plays the ball to the top of the box, yellow team runs out and tries to turn and finish on goal, the red team steps on the field when the yellow team touches the ball
switch teams after 3-minutes (adjust as needed)

Coaching Points: turn quick, finish before the defenders can close the space, supporting player off the ball square to the ball, overlaps, give and goes



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.