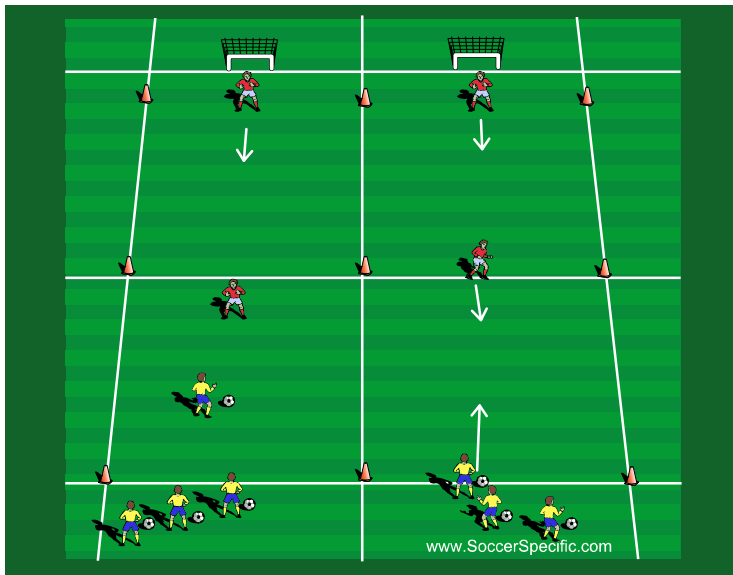


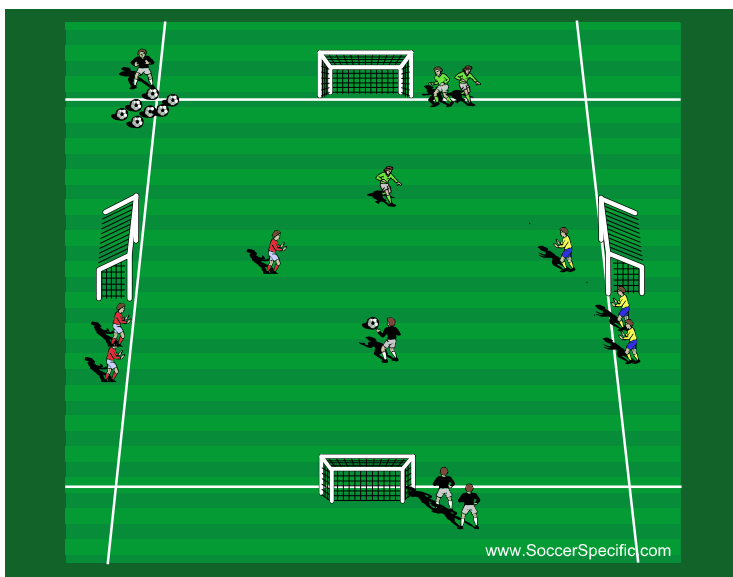
ACTIVITY #1

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)



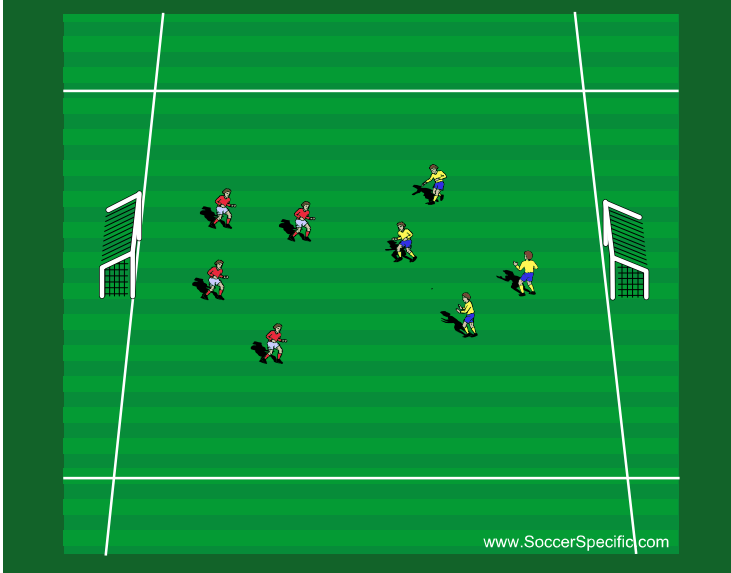
ACTIVITY #2

Set up: Champion of the Grid
 2 fields-with 2 grids with 1 defender per grid
 Players on the endlne have their soccer balls
Instructions: Dribbler enters grid 1 and tries to dribble past 1st defender and get into grid 2. Defender 1 can only steal the ball in grid 1. Once the dribbler enters grid 2 the second defender tries to stop the dribbler from scoring
 1 point for each defender you beat, 2 points for a goal for a total of 4 points
 Rotate defenders out
Coaching Points: Players must use fakes and moves to get around the defender, dribble at the player with pace under control, keep the ball close, in 2nd grid can we look to score



ACTIVITY #3

Set up: 4 goal 4 team 1 vs 1, 2 vs 2 game
 4 goals
 30 x 30 box (adjust size as needed)
Instructions: 4 teams-countires (usa, japan etc.)
 players try to win the ball and score on the other 3 goals
 when a goal is scored, the countries their first player comes off and player 2 comes on, player 2 gets eliminated then player 3 comes on. When all 3 players are eliminated their country is eliminated from the game/world cup
 variation-play for 2 minutes and keep track of goals, rotate players after 2 minutes, team with the most goals wins
 Progression-add 2 players to the field
 Progression-add goalies
Coaching Points: find the open goal, finish quick, use fakes and moves, protect the ball, dribble away from pressure



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.