

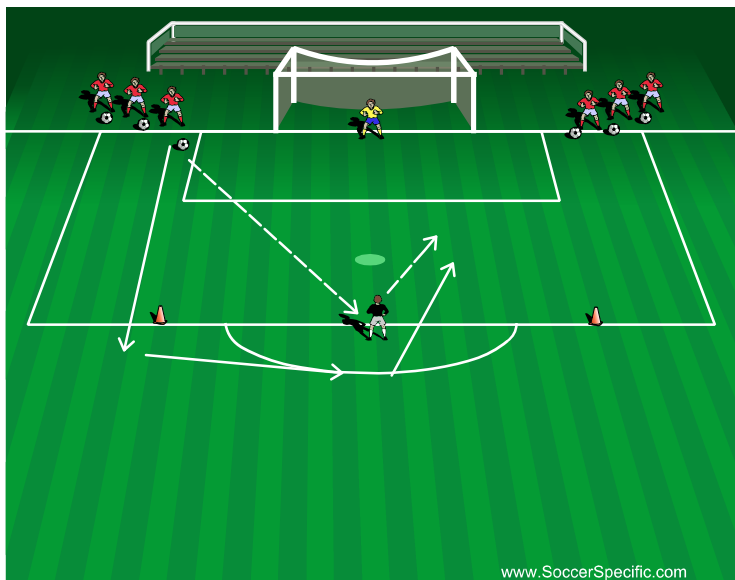
ACTIVITY #1

Set up: Passing Gates Warm-up
Gates (2 cones)-placed all over the grid
1 ball per partners
Partners 1 ball

Instructions: Each pair shares a ball and take turns dribbling, while the other one jogs around without the ball. The Coach will call out different commands (scissors, lunge, give and go, overlap, takeover) and each pair will follow along. Then the coach will inform the players to connect passing between the gates to their partner. You must go to a new gate after every pass.
Progression-1 point for every pass through the gate-most gates in 1 minute wins

Advanced- can do double pass in gates, one touch, etc.

Coaching Points: lock the ankle when passing, communicate and ask for the ball, get your head up, pass and move

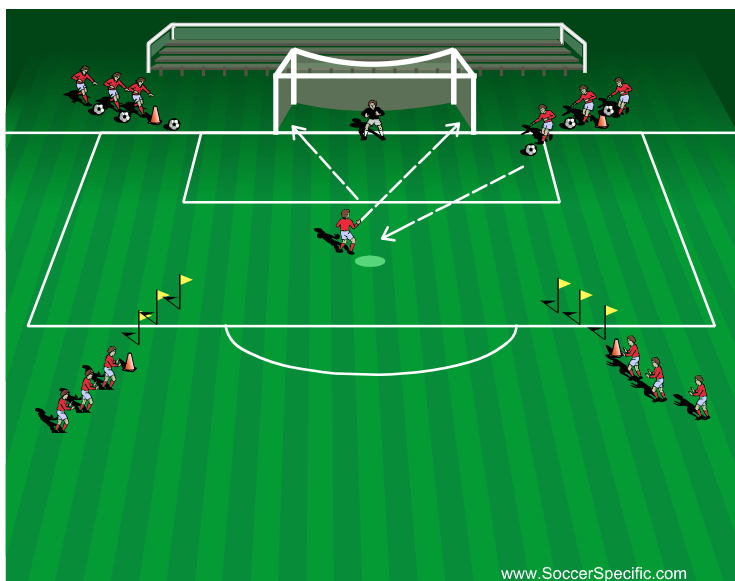


ACTIVITY #2

Set up: Finishing-top of the box and inside the box
2 lines on the baseline
every player has a ball

Instructions: player at the baseline passes to the coach at the top of the box
the player then runs around the cone at the top of the box and overlaps the coach
the coach plays a ball either at the top of the box or inside the box
if the ball is played inside the box its an accuracy shot
if the ball is played at the top its a laces strike
switch lines when done

Coaching Points: when in the ball is played inside the box- placement with the inside of the foot, when the ball is played at the top of the box use the laces-ankle locked, land on striking foot, support foot facing the goal/corners of the goal

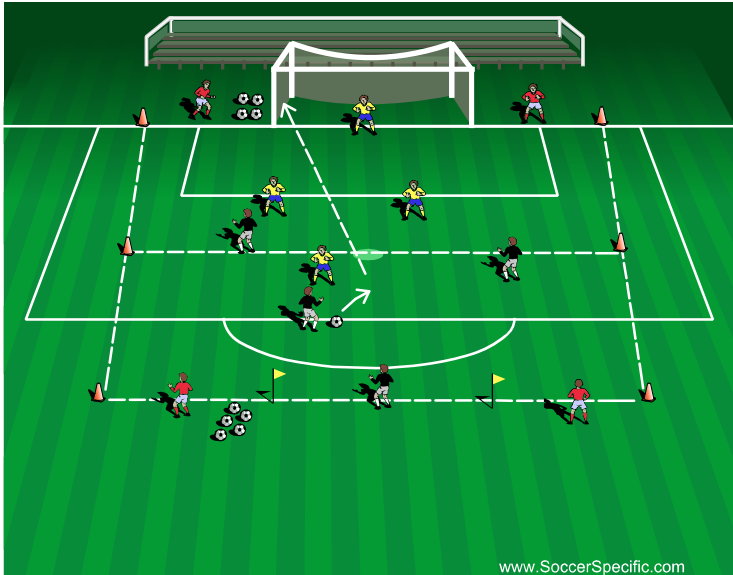


ACTIVITY #3

Set up: Finishing-close range
4 lines
3 flags at the top of the box

Instructions: players at the top of the box weave through the cones, the base line player diagonal plays a ball on the ground to the player running into the box
player finishes with the inside of the foot, switch lines with passer after you shoot

Coaching Points: attack the ball at an angle, placement and accuracy vs power, hard pass into the back of net



ACTIVITY #4

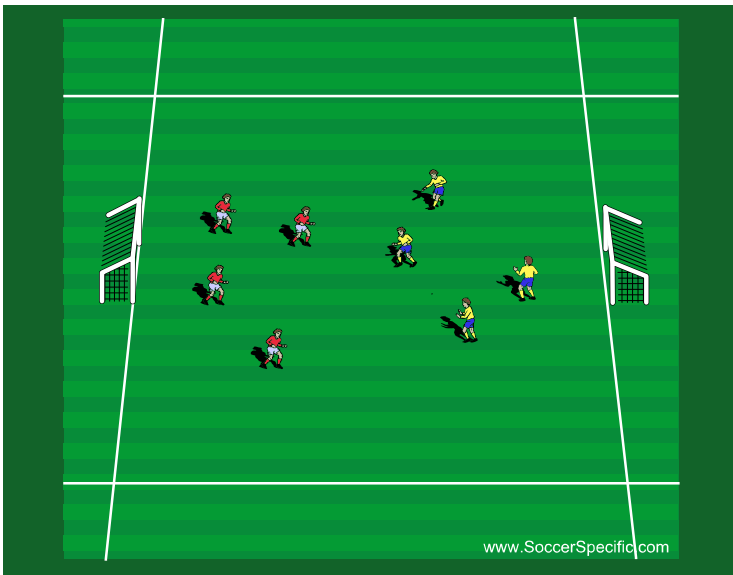
Set up: 3 team finishing game

4 vs. 4, 5 vs. 5 (adjust team size as needed)

Instructions: 2 teams playing 1 team neutral on the outside of the box

Teams play for 3-4 minutes, team with the most goals wins (variation-team that scores stays one and the team that gets scored on switches with the outside team)

Coaching Points: look for space "the window" to finish, finish quick, create space off of the ball, create space on the dribble,



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.