

ACTIVITY #1

Set up: Passing and Receiving square

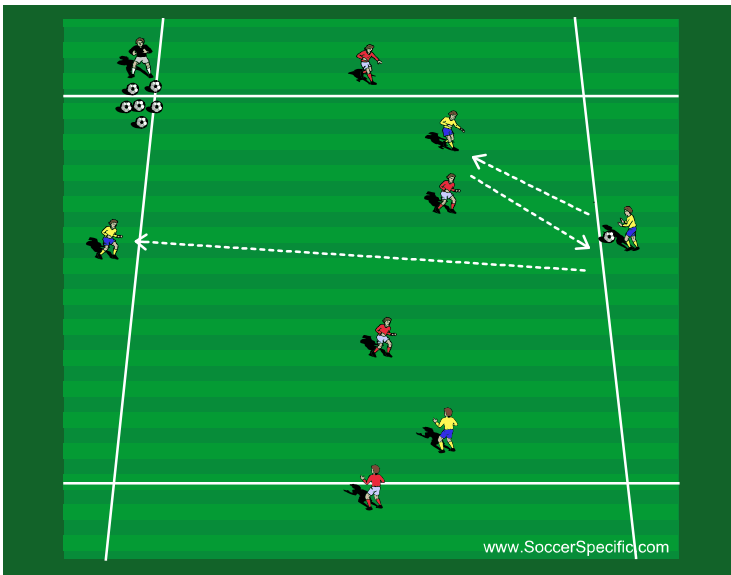
2 groups, one group on the outside one group on the inside switch after 45 seconds

Instructions: players on the inside check out a player on the outside, outside player passes the ball to inside player and inside player passes the ball back to outside player. Inside player must return to the middle square before they can receive another pass from an outside player

Progressions

1. two touch inside of the foot receive and inside of the foot pass
2. two touch-outside of the foot first touch and inside of the foot pass
3. one touch passing back instep
4. outside player tosses the ball in the air and inside player receives the ball with the instep and passes the ball back
5. Chest trap
6. thigh trap
7. instep volley or laces volley
8. headers/jumping
9. (advanced level) diving headers

Coaching Points: players on the inside ask for the ball, check back to the ball at an angle, high work rate, game speed



ACTIVITY #2

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)

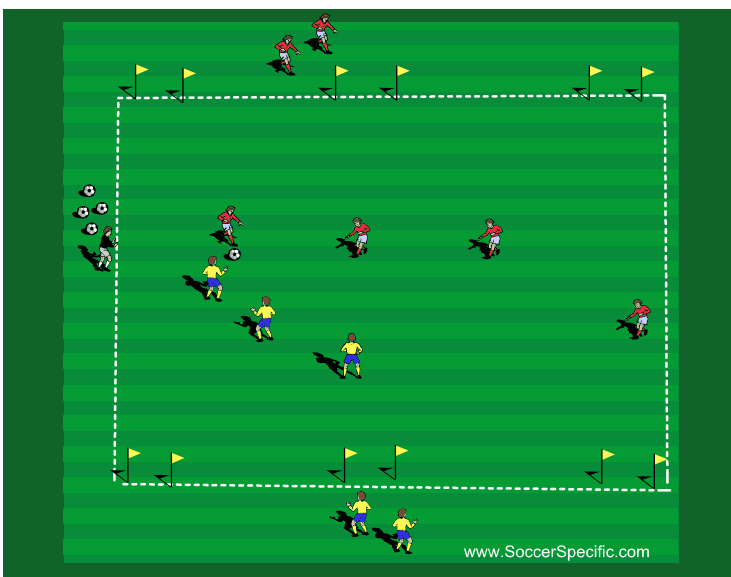
ACTIVITY #3

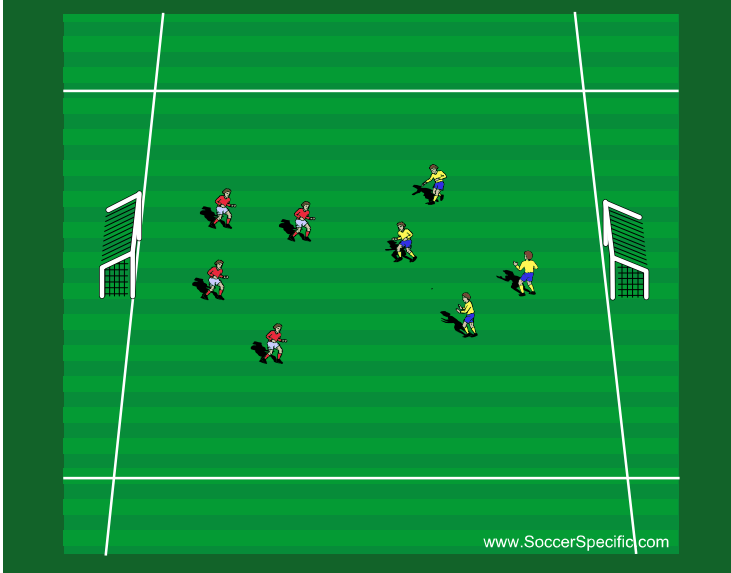
Set up: 4v4, 6 goal (long) x 20 (wide) grid (adjust as needed)-keep space tight so we create 1v1 match ups.

1 yard goals

Instructions: Players play 3v3 to three goals. Keep score, 7 minute halves. Switch players every 2 minutes in order to keep all players involved.

Coaching Points: play away from pressure, 45 degree angles of support, movement off the ball, look for quick combos-give and go, overlaps, through passes





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.