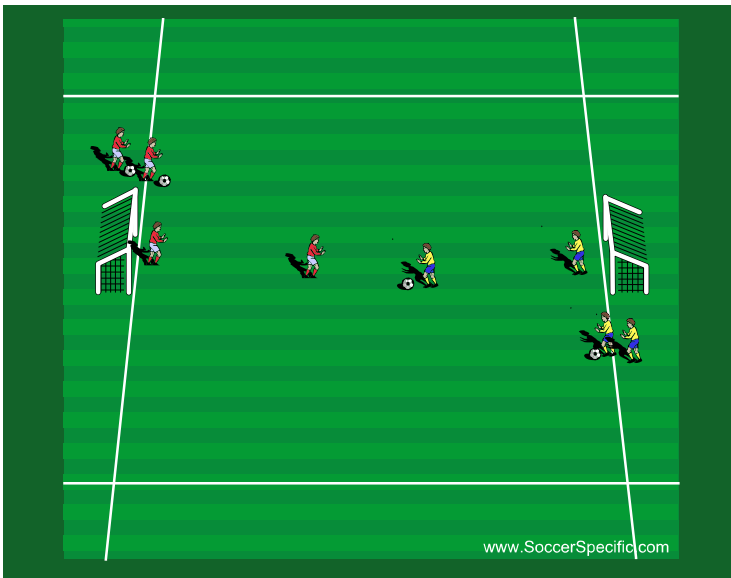


ACTIVITY #1

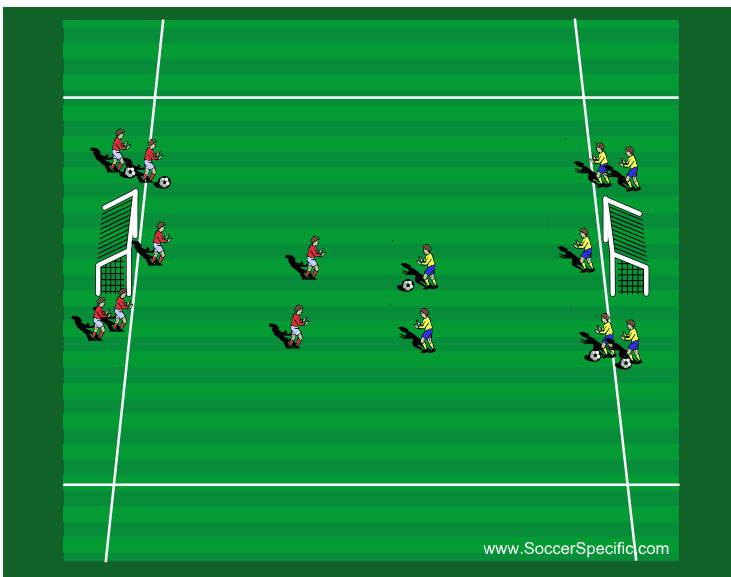
Set up: Warm-up: Dribbling Square
20 x 20 box (Adjust size for skill level and number of players)
Each player needs a ball

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



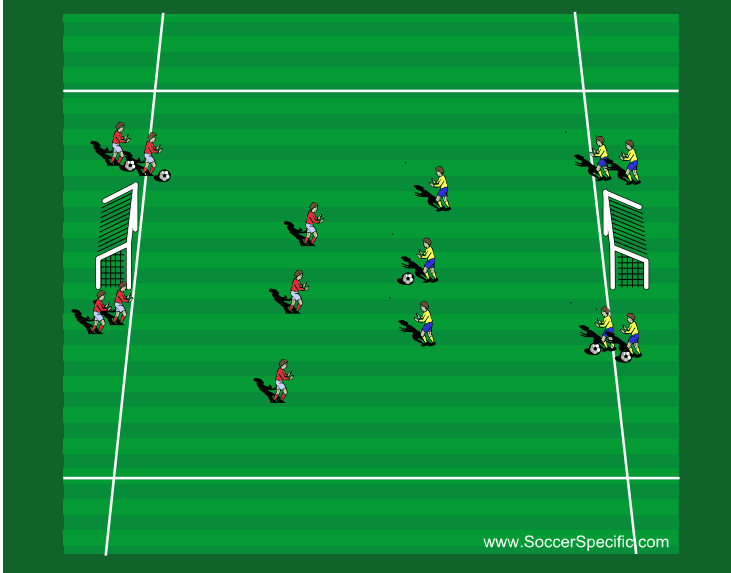
ACTIVITY #2

Set up: 1 vs 1 Transition
2 teams
1 goal each team
(adjust field space for players skill level)
Players on the endline have balls (less advanced players can have coach start with all balls on sideline)
(Progression 2 vs 2 transition or 3 vs 3 transition)
Instructions: Players play 1 vs 1, if the player scores or hits a shot that goes to the goalie or across the endline, the defending player goes off and a new player from that team comes on with a ball. If the offensive player scores 2 goals or takes 3 shots then they automatically switch with out with the next player in their line.
Coaching Points: use coerver moves/fakes, take advantage of the transition from offense to defense, recognize where the defender is when you come on and attack the open space, beat the player quickly and finish



ACTIVITY #3

Set up: 2 vs 2 Transition
2 teams
1 goal each team (goalies or puggs)
(adjust field space for players skill level)
Players on the endline have balls (unless less advanced then coach has all balls on sideline)
(Progression: 3 vs 3 transition)
Instructions: Players play 2 vs 2, if the player scores or hits a shot that goes to the goalie or across the endline, the defending players go off and 2 new players from that team come on with a ball. If the offensive players score 2 goals or take 3 shots they automatically switch with out the next 2 players from their line.
Coaching Points: use Coerver moves/fakes, take advantage of the transition from offense to defense, recognize where the defenders are, Look to create 2v1 opportunities, combination runs, beat the player quickly and finish



ACTIVITY #4

Set up: 3 vs 3 Transition

2 teams

1 goal each team

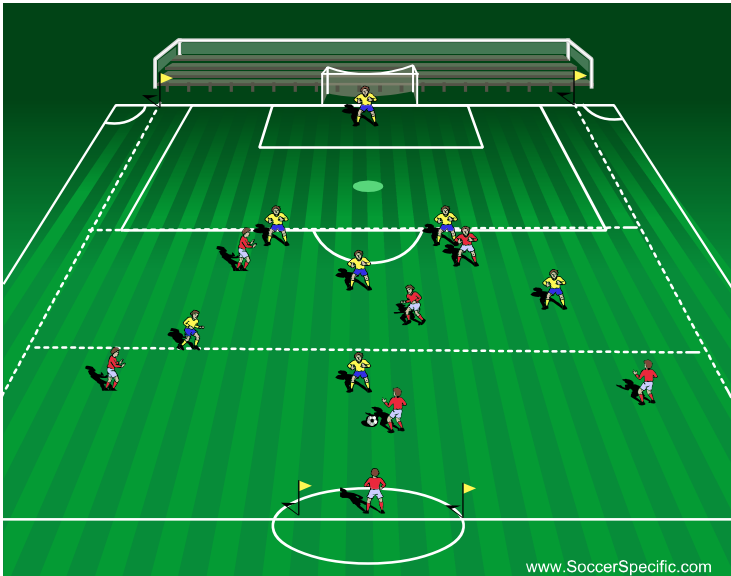
(adjust field space for players skill level)

Players on the endline have balls

Progression 2 vs 2 transition or 3 vs 3 transition

Instructions: Players play 3 vs 3 if the player scores or hits a shot that goes to the goalie or across the endline, the defending player goes off and an attacking player from that team comes on. If the offensive players score 2 goals or take 3 shots they automatically switch with the next 3 players from their side.

Coaching Points: use moves/fakes, take advantage of the transition from offense to defense, beat the player quickly and finish, recognize where the defenders are and attack the open space



ACTIVITY #5

Set up: Scrimmage

7 vs. 7, 8 vs. 8

possible formations for 7 vs. 7: 3-1-2, 2-3-1, 3-2-1

possible formations for 8 vs. 8: 3-3-1, 3-1-3

half field (adjust field size as needed-width and length)

optional-offsides line for each team.

Instructions:

Coaching Points:

Dribbling: Make sure players are choosing the right time to dribble (not defensively, finding 1v1, outside players), change speed & direction

Finishing: First touch "prep touch" needs to get your body square to the goal, strike with laces and ankle locked for power and finish hard pass to corner in close range.

Passing/Receiving: Open body up to the field to receive and with your first touch, recognize when to pass to feet and when to pass into space, what run can a player make without the ball to help a teammate.