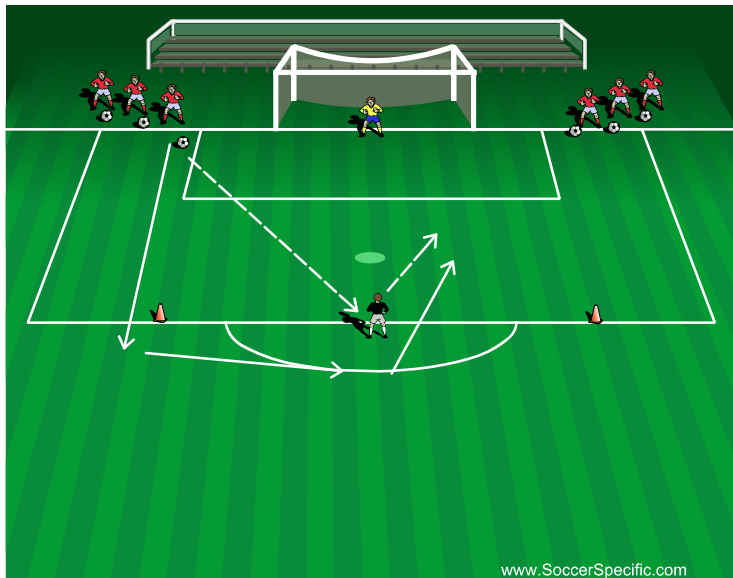


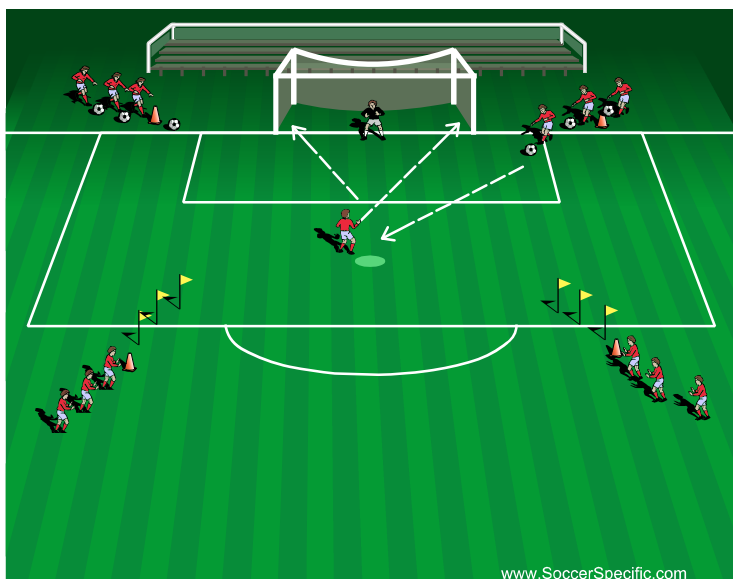
ACTIVITY #1

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)



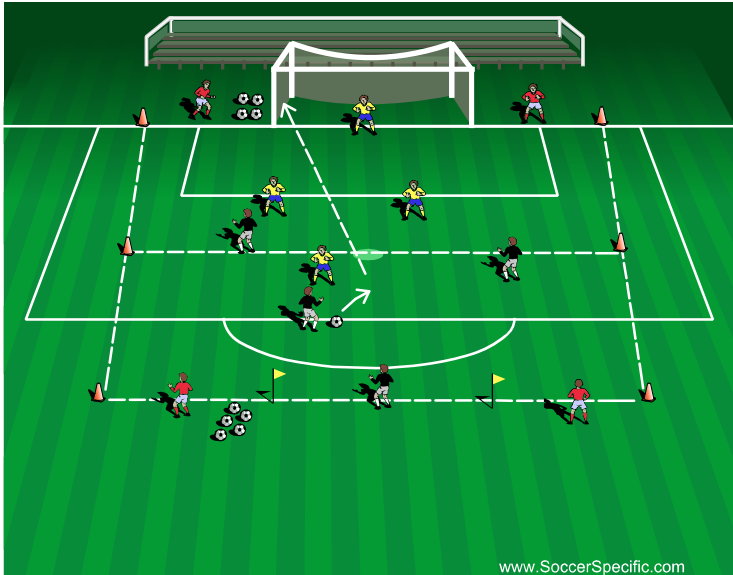
ACTIVITY #2

Set up: 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

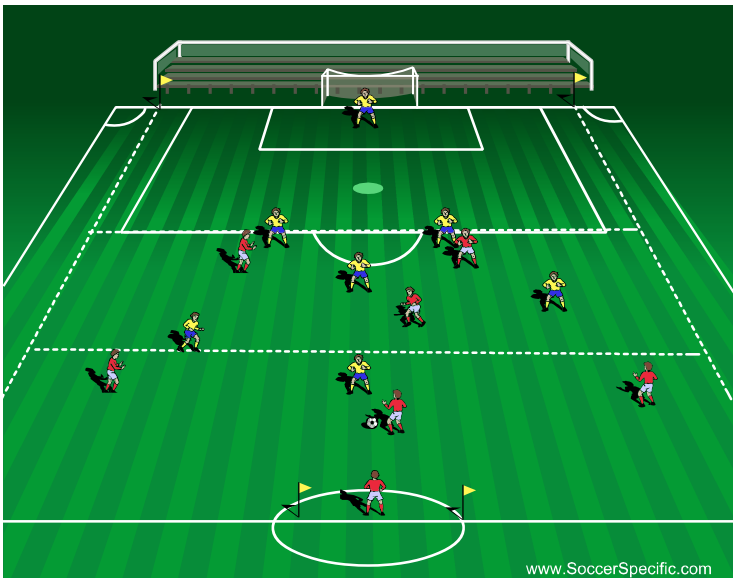
Set up: 3 team finishing game

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

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.