

ACTIVITY #1

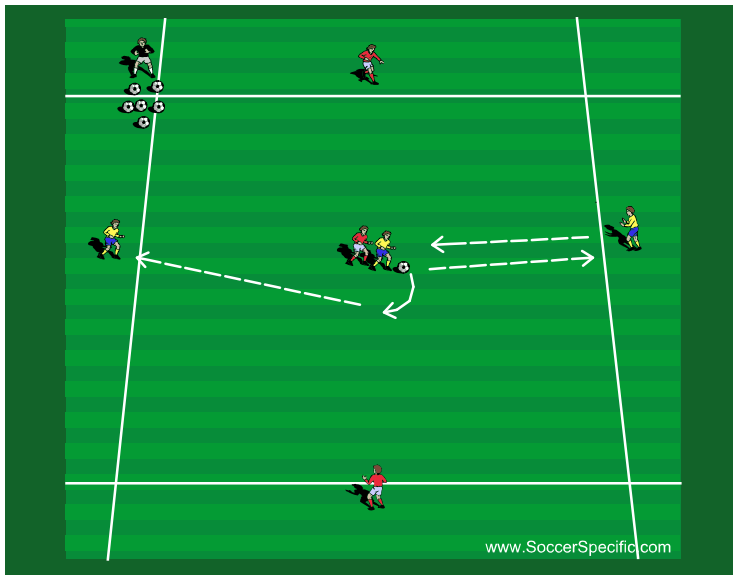
Set up: Passing Gates Warm-up
Gates (2 cones)-placed all over the grid
1 ball per partners
Partners 1 ball

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

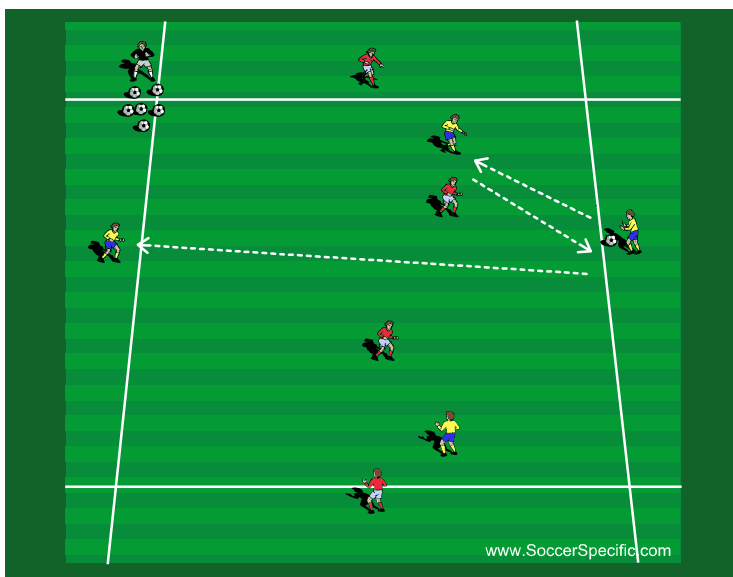
Set up: 1 vs 1 plus 2
2 teams, 15 x 15 yard grid (make grid smaller for advanced players-12 x 12)
Soccer Balls on the side with the coach
2 teams-yellow vs red

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). Players on the outside have 1 touch (unless less advanced OR if it is a ball in the air switched from outside player to outside player). Players on the outside can pass to the other player on the outside.

(Advanced): players on the outside can enter the field on double pass with player in the middle-player in the middle will then take the players position on the outside.

Coaching Points: check back a 45 degree angle, good first touch off the foot, look for UP, BACK AND THROUGH patterns and combinations, protect the ball with the body-shield, fakes, open body

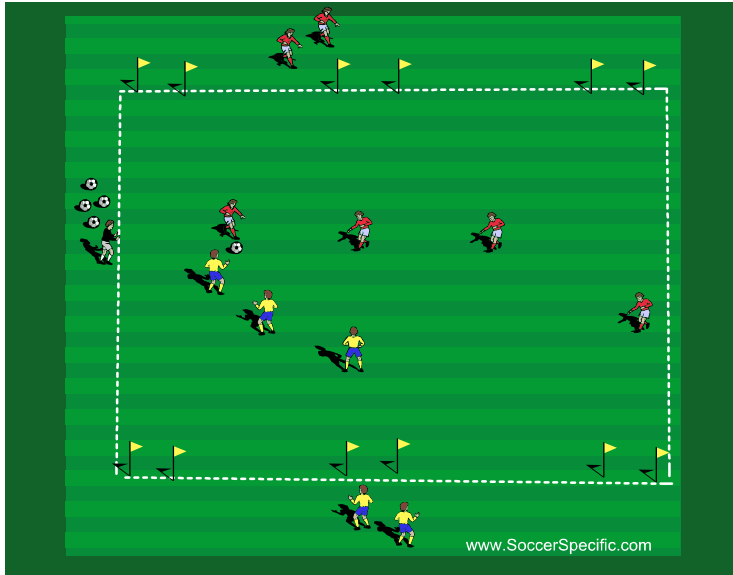


ACTIVITY #3

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)



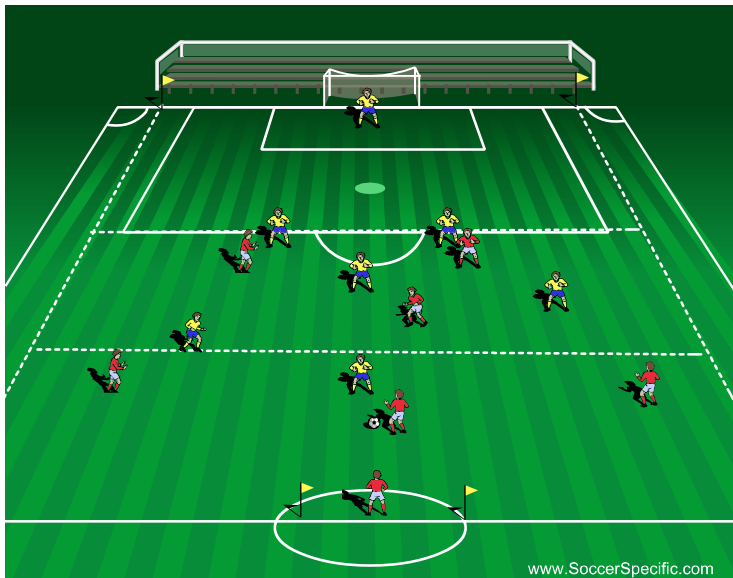
ACTIVITY #4

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 #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.