

### 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

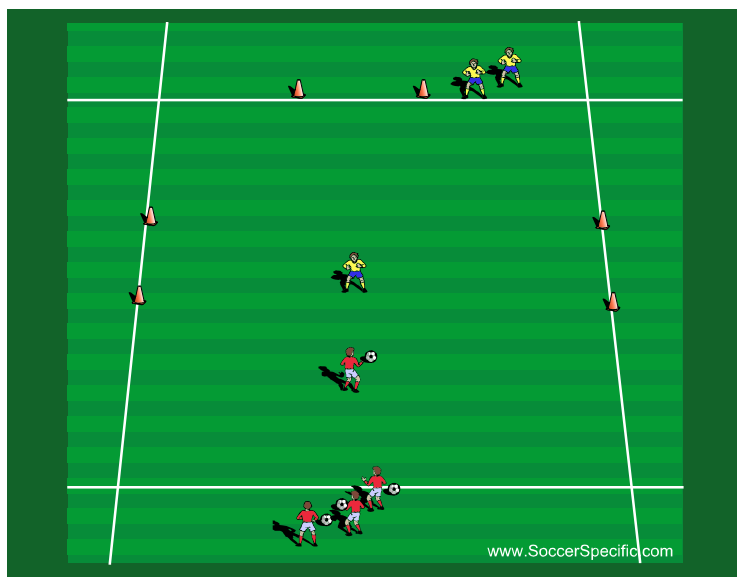
**Instructions:** Players dribble to the middle and do a move/fake, then dribble to the end of the second line. The first player in that line dribbles forward once the player gets to their line

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:** 1 vs 1 to 3 goals

2 lines-offensive players with a soccer ball, defensive players no ball

3 goals

15 x 15 yard grid

**Instructions:**

-offensive players try to score in one of 3 goals

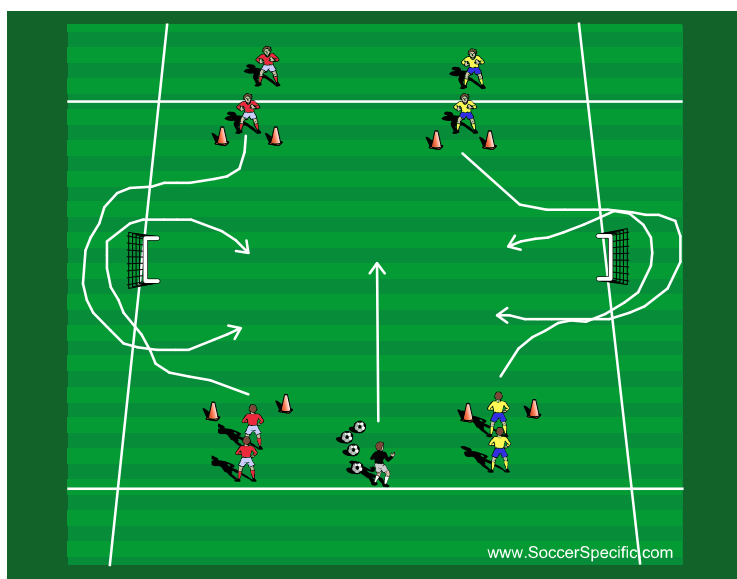
-defenders try to stop attackers

play starts when the defender runs to the middle of the field. The attacker then enters the play with the ball.

After set amount of time switch offense and defense lines

team with the most goals wins

**Coaching Points:** use cuts and fakes/coerver moves, change of direction and change of pace, protect the ball, fake one way go the other, there are 3 goals can we find the open path to the open goal



### ACTIVITY #3

**Set up:** 2 vs 2 around the goals

2 teams both in 2 separate lines on opposite sides of the field

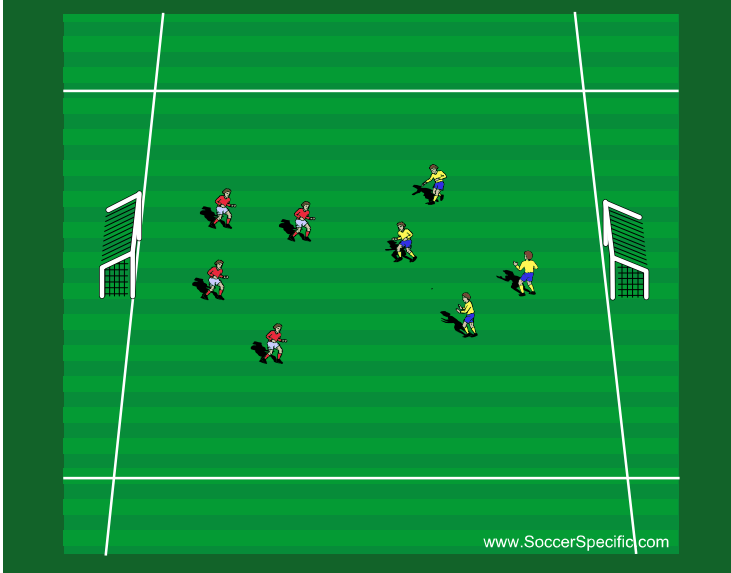
25 x 30 grid (adjust the size to the skill level of players)

coach has the soccer balls on the side of the field

**Instructions:** coach yells go and the first player in each line runs around their goal and onto the field. The coach plays the ball into the field and the players are playing 2v2. The play is dead when the ball goes out of bounce or a goal is scored. Players return to the end of the same line.

Can make it a game by playing to goal amount (team to reach 6 goals wins)- adjust number of goals based on players skill

**Coaching Points:** Attack the ball, Communicate with teammate so only one player to the ball, When your teammate has the ball get in an open space off the ball, With the ball find the open space and try to get to goal quickly. Try to create 2v1 opportunities- depending on skill level



#### 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.