

ACTIVITY #1

Set up: Dribbling warm-up w/ tails

Every player has a ball & every player has a bib/penny tucked into their shorts as a tail

25x25 grid (adjust size if needed with numbers or skill)

Instructions: Between working on dribbling techniques, the coach says go and the players leave their ball and try to pull out as many tails as possible. Players just drop the tails on the ground after they pull the tail. If a player gets their tail pulled then they simply put it back in their shorts, players who have pulled the most amount of tails wins.

Progression: (Advanced) kids keep dribbling their ball as they try to pull bibs/pennies

Progression: Same game but with 2 teams. If you get your bib pulled you sit down and the only way to get back in is to pull someone else's tail while sitting on the ground.

Coaching Points: Working on moves: be dynamic, find open space, change speed and change direction, try new combinations of moves

Playing tails: Have fun, be quick and agile

ACTIVITY #2

Set up: Finishing: Shooting

1 box of 4 cones appropriate distance from the goal for shooting

Partners-one ball between each pair

2 Lines

Instructions:

Line 1-partner runs into the box and places the ball in the middle and runs out of the box

Line 2-partner runs and shoots the ball

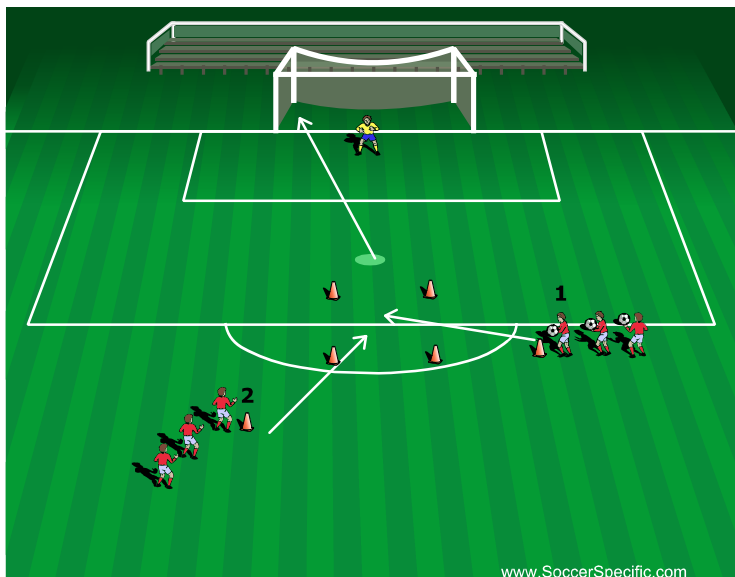
Pair with the most goals wins

Progression 1-player must dribble the ball into the box and stop it with the sole of the foot

Progression 2- (High level)- player must pass ball into box and partner tries to shoot a moving ball

Coaching Points: Laces shooting: Lock the ankle, aim low to corners, head down, follow through, plant foot in a "10"

Close range: use inside of the foot like a pass, lock ankle-but with toe up, drive it hard and low to corners



ACTIVITY #3

Set up: Champion of the Grid

2 fields-with 2 grids with 1 defender per grid

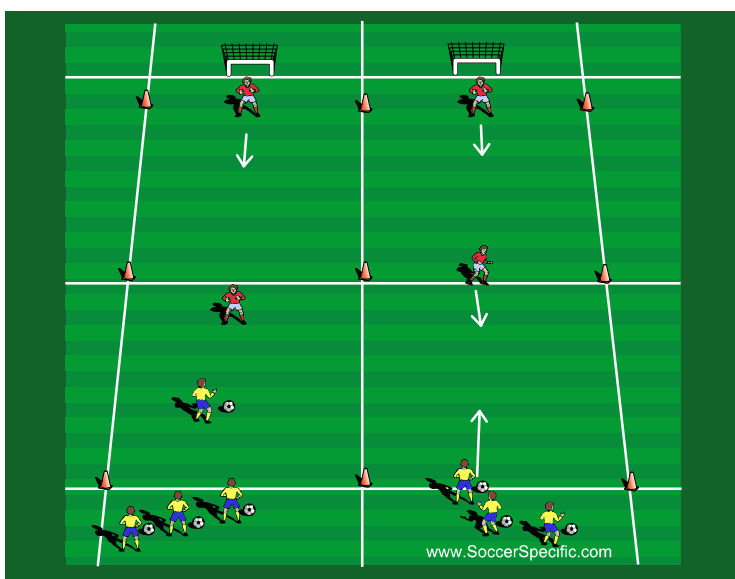
Players on the endlne have their soccer balls

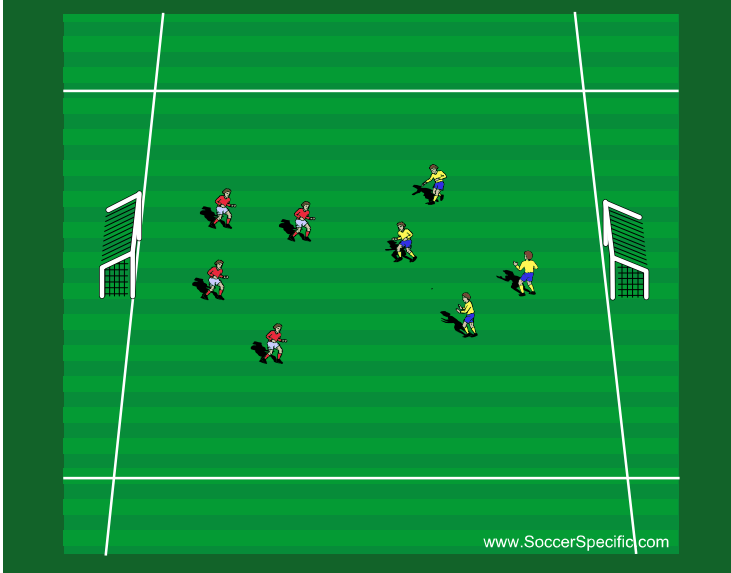
Instructions: Dribbler enters grid 1 and tries to dribble past 1st defender and get into grid 2. Defender 1 can only steal the ball in grid 1. Once the dribbler enters grid 2 the second defender tries to stop the dribbler from scoring

1 point for each defender you beat, 2 points for a goal for a total of 4 points

Rotate defenders out

Coaching Points: Players must use fakes and moves to get around the defender, dribble at the player with pace under control, keep the ball close, in 2nd grid can we look to score





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.