

ACTIVITY #1

Set up: Agility and dribbling-weaving

Instructions:

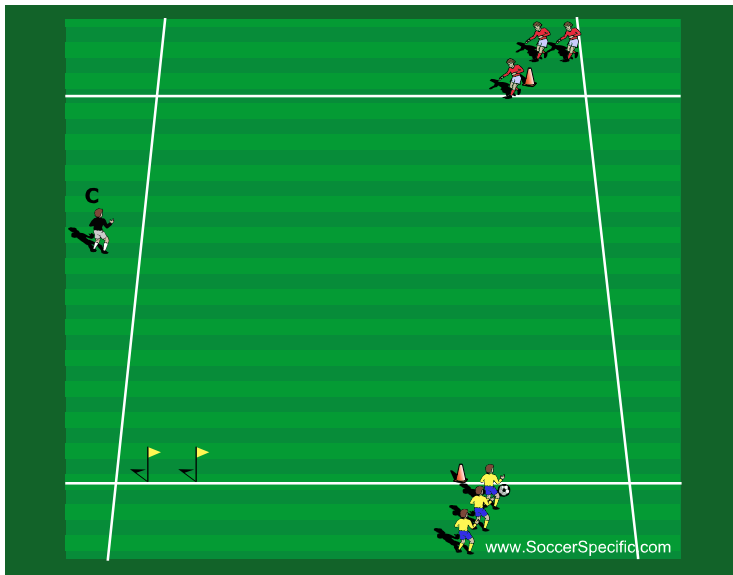
Progression 1-weave flags in a straight line (running, shuffling, backpedal, etc)

Progression 2-weave flags that are staggered

Progression 3-dribble ball through flags

If you have multiple lines you can make it a race.

Coaching Points: step and slide through flags, shuffle through, sharp cuts, bend knees, stay low, on your toes



ACTIVITY #2

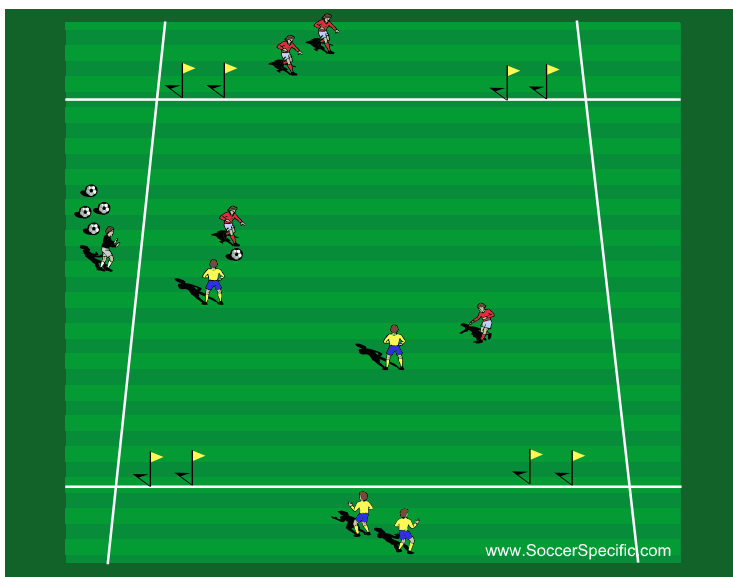
Set up: 1v1 Defending

12 x 12 grid (adjust as necessary)

1 Yard Flag goal in corner

Instructions: Yellow passes ball to red. Red player attacks goal and tries to pass through small 1 yard goal (1 pt). If yellow wins ball they pass the ball to coach (1 pt). Players return to their line and then lines switch after 5 minute round. Keep score and the team with the most points wins.

Coaching Points: Defender closes space quickly and then approaches slowly as the attacker receives the ball. Defender tries to force attacker towards sideline away from goal. Knees bent and eyes on ball, poke tackle when the ball is off the attacker's foot. Defender is patient and tries to win the ball or force attacker out of bounds. (Quick to Slow, Sideways and Low)



ACTIVITY #3

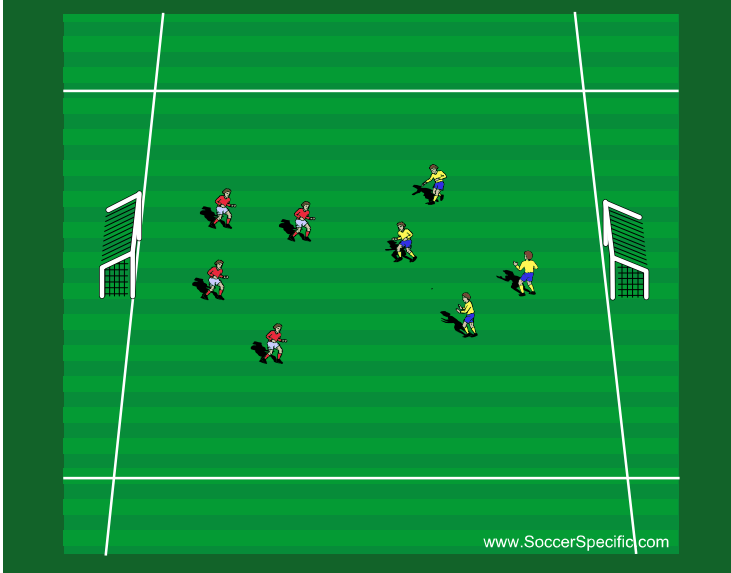
Set up: 2v2 Defending, 4 goal

12 (long) x 15 (wide) grid (adjust as needed)- keep space tight so we create 1v1 match ups.

1 yard goals

Instructions: Players play 2v2 to two goals. Keep score, 7 minute halves. Switch players every 2 minutes in order to keep all players involved.

Coaching Points: Defender closes space quickly and then approaches slowly as the attacker receives the ball. Defender tries to force attacker towards sideline away from goal. Knees bent and eyes on ball, poke tackle when the ball is off the attacker's foot. Defender is patient and tries to win the ball or force attacker out of bounds. Advanced: Helpside defense shape supporting



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.