

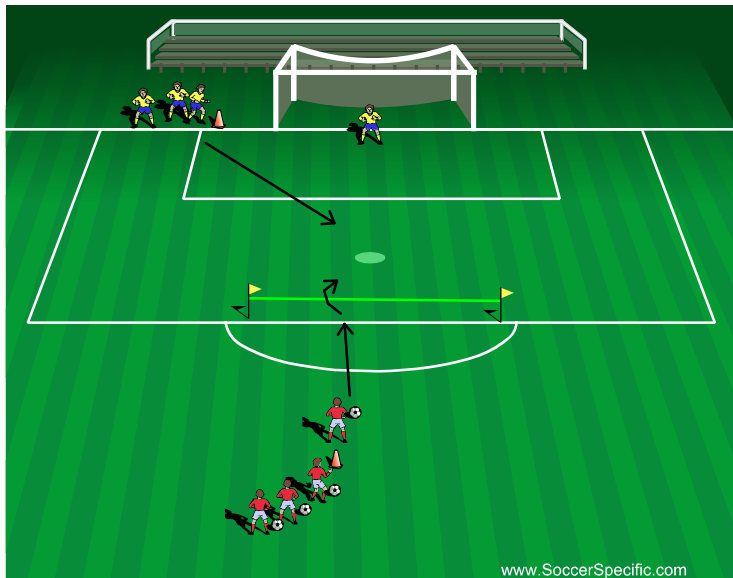


### ACTIVITY #1

**Set up:** Warm-up Passing/Receiving  
15 x 15 yd grid

**Instructions:** Red players pass on the outside of the grid. The yellow players all have a ball and dribble inside the grid towards where the ball is passed.

**Coaching Points:** Open body position to receive the ball (foot farthest), 1st touch- into space at 45 degree angle  
Inside foot pass, Laces pass, Accurate Pass, Correct Weight of Pass, Use Fakes and disguises, Outside of foot pass (more advanced)

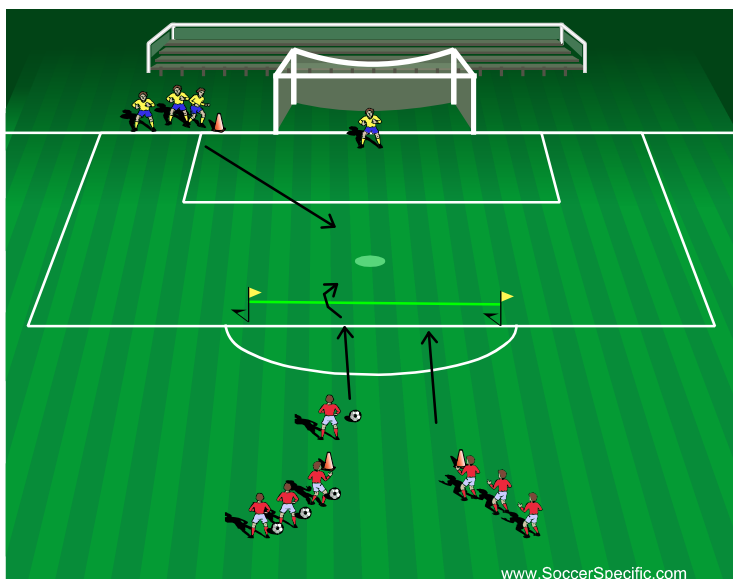


### ACTIVITY #2

**Set up:** 1 vs. 1 w/ agility  
2 lines, 1 line at the baseline & 1 line at the top of the box  
2 sticks with a string (hurdle) attached  
players at the top of the box with a ball

**Instructions:** players at the top dribble to the hurdle push the ball under the string and jump over the string, then must beat the defender 1 vs 1 to goal. Defender can run forward as soon as the offensive player touches the ball under hurdle.

**Coaching Points:** keep the ball close, use fakes/moves to beat the defender, create space for a shot, land on your toes



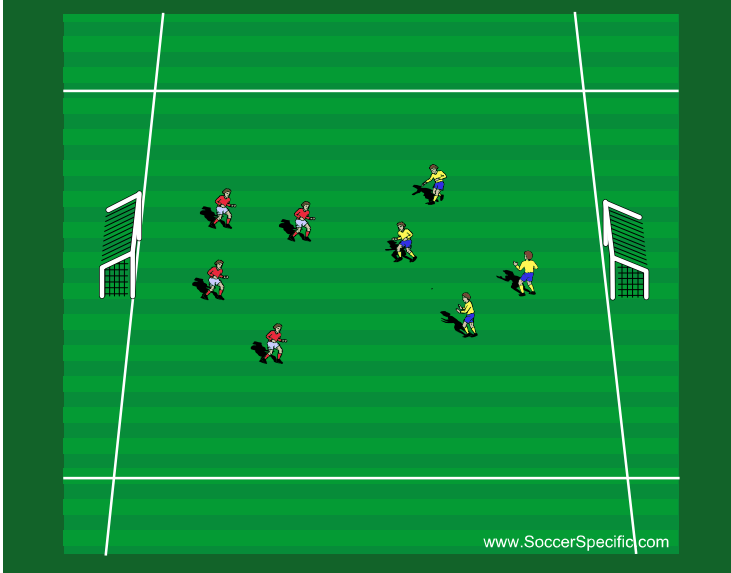
### ACTIVITY #3

**Set up:** 2 vs. 1 w/ agility  
2 teams: 1 team in a line at the baseline & 1 team in 2 lines at the top of the box

2 sticks with a string (hurdle) attached  
Players at the top of the box with a ball

**Instructions:** The 2 players at the top dribble to the hurdle, push the ball under the string and jump over the string. Then they must beat the defender, 2 vs 1, to score a goal  
switch after 2 minutes-team with the most goals wins

**Coaching Points:** Offensive runs: second attacker can over lap the player after they jump over the hurdle  
keep the ball close, use fakes/moves to beat the defender, create space for a shot, disguise the play



#### 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.