

ACTIVITY #1

Set up: Set up grid.

Instructions: Players jog around freely and do various dynamic stretching i.e. leg kicks, backwards, lunges etc.

Coaching Points: Get loose and stretched so no one is injured.

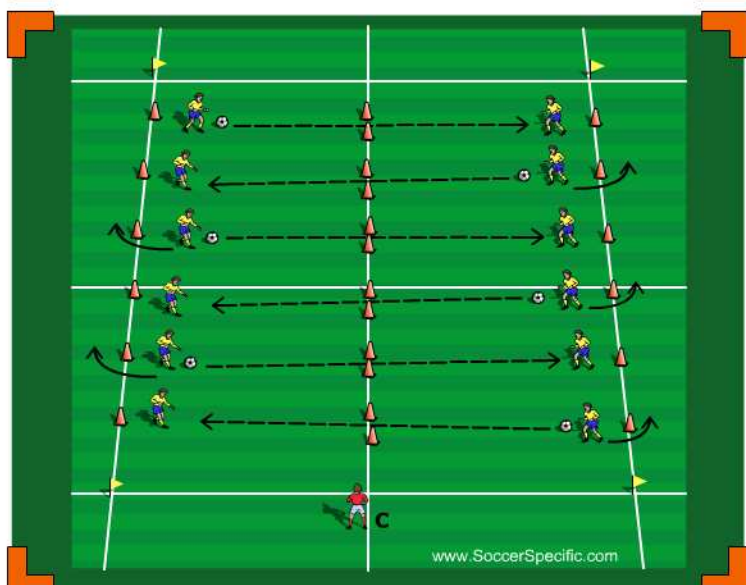


ACTIVITY #2

Set up: Set up channels and cones on the outside.

Instructions: Pair up players with one ball. Players will prep touch and strike ball to opposing player and split the cones for a point. Once the ball is struck correctly with top of laces as in taking a shot they will then run around cone behind them to return as the ball will be coming back towards them and then they can repeat the process.

Coaching Points: Body Mechanics and Control of Body, Body Position and Balance, Eye on Ball, Quality of Prep Touch, Contact Surface, Aggressive and Positive Mentality, Vision and Anticipation.



ACTIVITY #3

Set up: Two goals and everyone has a ball.

Instructions: Sort players evenly on each side of goal and player in front of line will dribble until they reach flag and take shot on goal. They then will go to next line across from them. After numerous shots have players switch sides to work on left foot as well. Next player will leave for a shot when player reaches the flag to keep things going. No goalies are used in warm up.

Coaching Points: Body Mechanics and Control of Body, Body Position and Balance, Eye on Ball, Quality of Preparation Touch, Contact Surface, Vision and Anticipation, Contact Surface of Foot and placement.



ACTIVITY #4

Set up: Organize players into 2 teams and use one goal with 2 small gates about 40 yards apart in front of goal for starting point for players.

Instructions: Position balls on one side of goal and players will play 2 verses 2 and when ball is passed player needs to make a decision when appropriate time to shoot and or use his teammate to set up opportunity. Have players switch after a few repetitions.

Coaching Points: Body Mechanics and Control of Body, Body Position and Balance, Eye on Ball, Quality of Preparation Touch, Contact Surface, Aggressive and Positive mentality, Vision and Anticipation, Tactical Application i.e. Choice of Foot Surface, Placement verses Power, Positioning to gain an advantage.

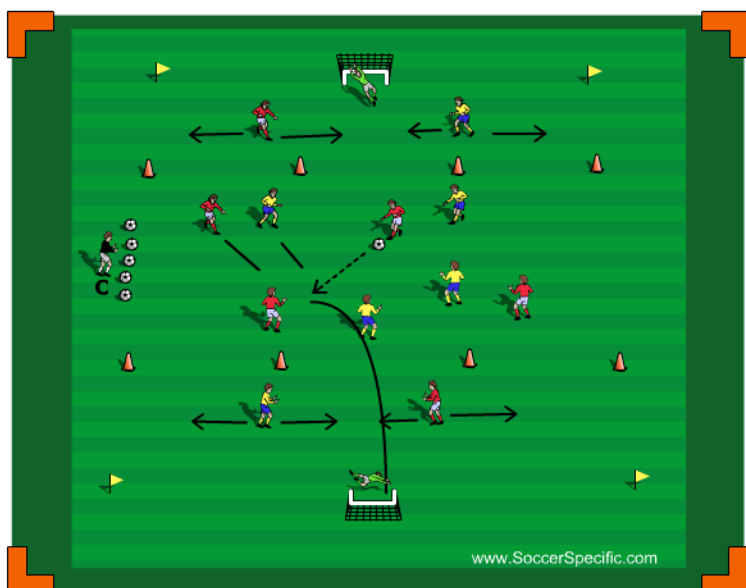


ACTIVITY #5

Set up: Use 2 goals if available if not use flags or cones. Set up 3 grids in between with one in the middle slightly bigger as more players will be in this area.

Instructions: Put players in two teams and play with 4 in the center and one on the outside zones either defending or finishing and following up on the shot when taken by center grid. Players will play possession and shoot at every opportunity and 2 points if score from center and 1 point if score from inside grid.

Coaching Points: Body Mechanics and Control of Body, Body Position and Balance, Eye on Ball, Quality of Preparation Touch, Contact Surface, Aggressive and Positive mentality, Vision and Anticipation, Tactical Application i.e. Choice of Foot Surface, Placement verses Power, Positioning to gain an advantage.



ACTIVITY #6

Set up: Field with goals.

Instructions: Game with no restrictions.

Coaching Points: Make appropriate coaching point on shooting in the flow and also freeze method.

