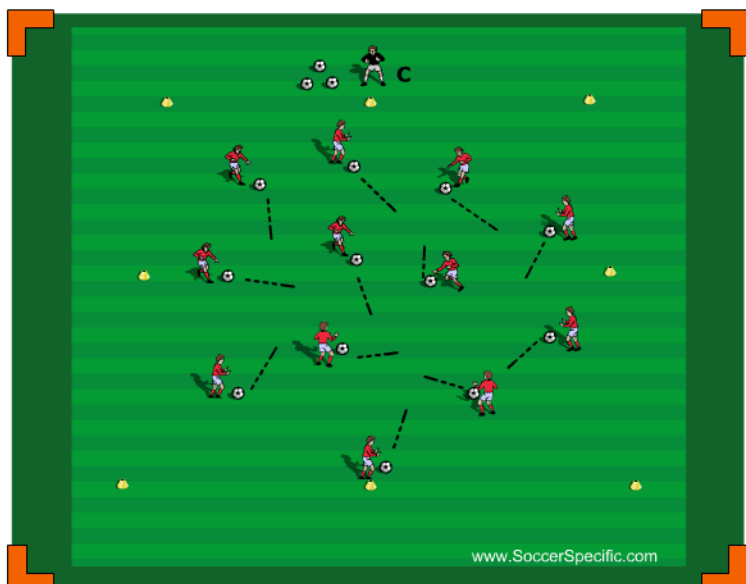


ACTIVITY #1

Set up: Set up a 30 x 30 grid..

Instructions: All players have a ball and will dribble around freely in designated area. On coaches command players will be told to leave ball and find another and continue to dribble. Players will be also told to pull back and turn.

Coaching Points: vision and Control of ball and to also keep close to the body. Use various surfaces of foot to turn using good balance.

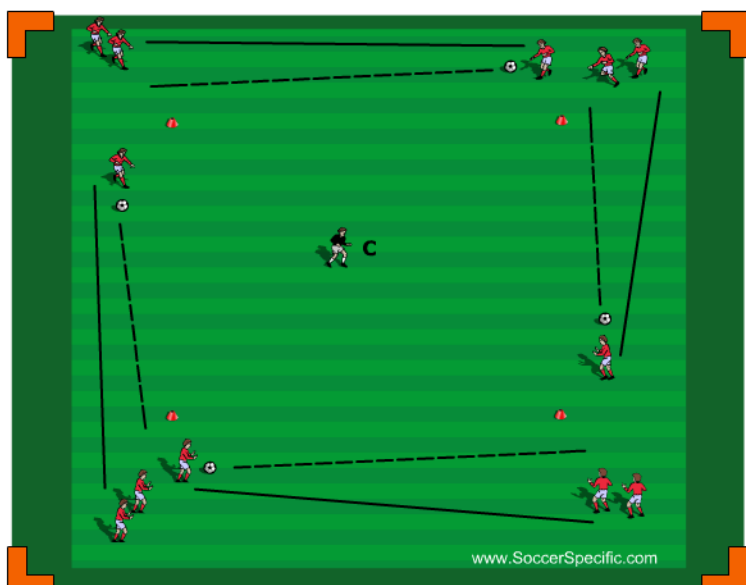


ACTIVITY #2

Set up: Set up a grid about 30 x 30

Instructions: Have players split up evenly on the outside corner beyond the cone. Each corner will have one soccer ball and player will get a couple touches and then pass the ball to either right or left on coaches direction. Player will follow their pass and prepare to receive next ball coming to them. Continue to one side and then go the other way.

Coaching Points: Body Mechanics and balance. Do players make eye contact when passing. Weight of pass and also what surface to receive the ball to continue direction under control with prep touch.



ACTIVITY #3

Set up: Put up multiple goals on the outside.

Instructions: Numbers up on players and playing possession. 8 v 4 or 9 v 5 and team with the less amount of players score on any of the small goals outside. The 4 or 5 players need to work together and once they win the ball they find a teammate and pass and attempt to score.

Coaching Points: Focuses on not only possessing the ball but also defending. Going at the ball at proper angles and working together as well and communicating.



ACTIVITY #4

Set up: Set up grid and have each end be a free zone about 10 - 15.

Instructions: Players will play possession and pass to a teammate into the zone for a point. The player is not allowed in the zone until the ball is passed.

Coaching Points: Possession and patience to allow for pass. Communication and eye contact and timing of runs.



ACTIVITY #5

Set up: Set up 40 x 40 space and place 5 gates throughout the grid.

Instructions: Players will possess the ball and dribble through a gate at first opportunity for a point. First team to 5 points the other team does happy stars. Could also have team that has a player dribble through gate quickly get ball to coach by passing or using a teammate.

Coaching Points: Control and vision. Take advantage of the opportunity to dribble to space and take players on.

