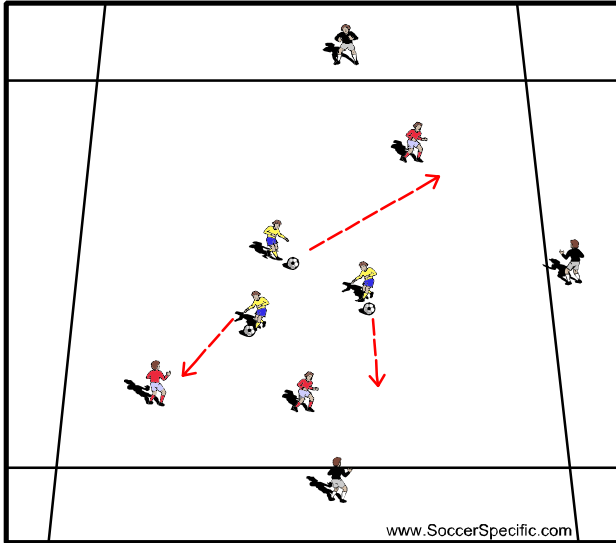


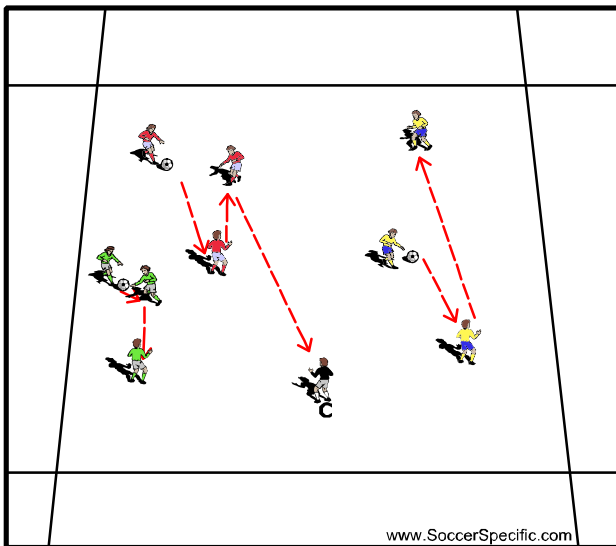
ACTIVITY #1

Set up: 3 teams. 1 team with balls. 1 team on outside
Instructions: players with ball attempt to push-pass and hit opponents beneath the knee. players on outside asked to try to keep balls from rolling away
Coaching Points: angled approach
plant foot pointing towards target
toe up
ankle locked
follow through



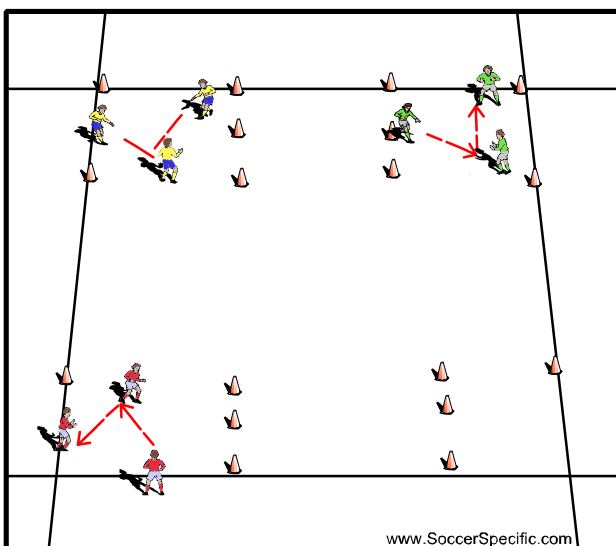
ACTIVITY #2

Set up: Bring It Back: Players in threes Each trio with ball.
Instructions: Coach throws a ball into space. Players run to retrieve ball. Coach gives teams a number of passes to complete or a less than/more than #. Coach can move around to add difficulty. Also can add a defender per group
Coaching Points: passing and moving
recognize long passes versus short passes
passes into space
awareness of coach location



ACTIVITY #3

Set up: teams of 3 or 4. Boxes located inside of grid. one more box than groups. each group with ball. adjust grid size according to number of teams
Instructions: groups complete 3-4 passes in a box than move to a new box by passing (can add restriction of # of passes between boxes). How many boxes in X time.
Coaching Points: proper push pass technique (angled approach, plant foot aimed at target, toe up, ankle locked, follow through)
awareness of open box



ACTIVITY #4

Set up: 3v3/2v2. Approx. 15x25 to popup or cone goals

Instructions:

Coaching Points:

