

### ACTIVITY #1

**Set up:** Players in groups of 3. 2 players on outside one in middle of circle

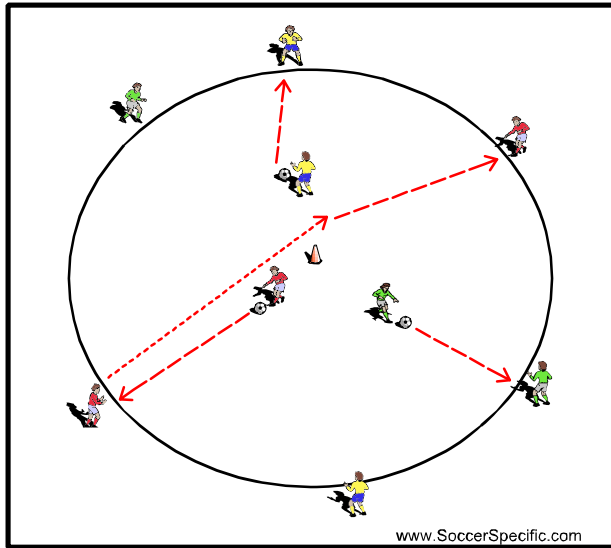
**Instructions:** Pass to teammate on outside, they dribble in (beyond center cone) and pass to other teammate. repeat. How many times can you pass in a minute? Can you move around the outside of the circle?

Can progress and take away color condition

**Coaching Points:** quality passing technique

head up when dribbling

good first touch when receiving



### ACTIVITY #2

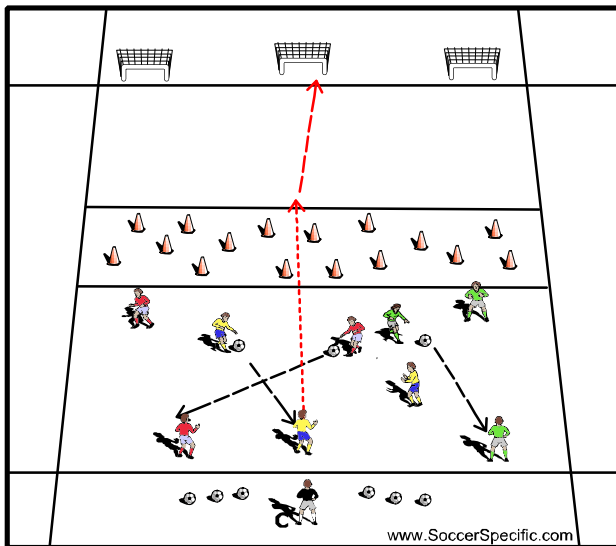
**Set up:** Players in groups of 3. 1 ball per team. Each player in group numbered.

**Instructions:** Players pass and move. when coach calls out a number, that player dribbles through the cone mine field then shoots on goal. Non-shooting players grab a new ball and start passing. Shooting player retrieves ball and places it by coach

**Coaching Points:** Passing and moving

close dribbling control

proper shooting technique

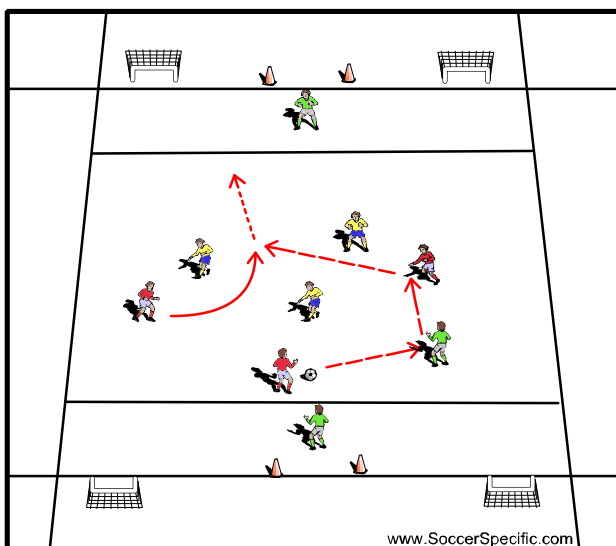


### ACTIVITY #3

**Set up:** Teams of 3. 4 pop up goals, 2 cone goals. Goalies behind GK line. 1 neutral player

**Instructions:** shoot into pop up goals for point, dribble through cone goal for point. rotate teams. Cannot attack cone goal if GK has it blocked off

**Coaching Points:** General passing, moving, and dribbling



ACTIVITY #4

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

Instructions:

Coaching Points:

