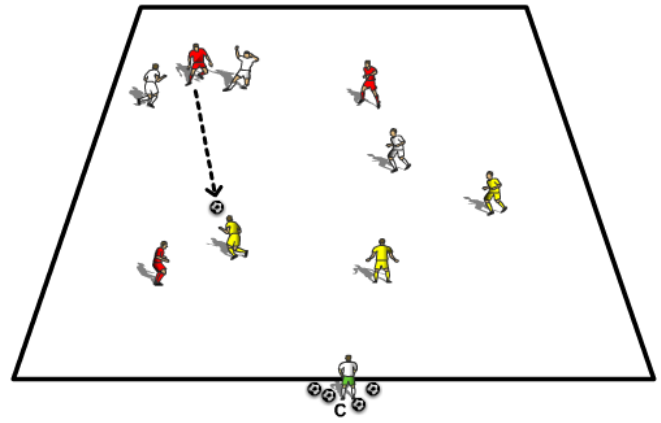


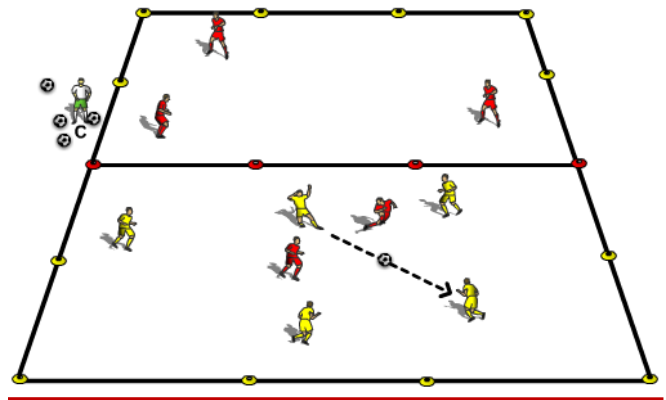
I. Warm Up

1. 15x15 Grid, Ball each
2. Dribbling
 - A. Inside Cut/Hook
 - B. Outside Cut/Hook
 - C. Step-over Reverse Take-away
 - D. Step-over Outside Take-away (Rivelino)
 - E. Drag-back/Pull-back
3. Freeze Tag
4. Blob Tag



II. Ball Manipulation

1. Cadences
 - A. 1-2-3-Miss (Stepover)
 - B. 1-2-Sole (Dragover)
 - C. I-O-I-O (all same foot)
 - D. I(R)-O(R)-I(L)-O(L)
 - E. O(R)-I(R)-O(L)-I(L)
 - F. I-O-Sole(same foot)
 - G. Sole-sole-scissors(same foot)
 - H. I-O-sole-scissors(same foot)



III. Team Possession (FIG. 1)

1. Large Grid
 - A. 2 teams vs 1 team – Rotate through middle, time/not gaining possession.



IV. Transfer Box (FIG. 2)

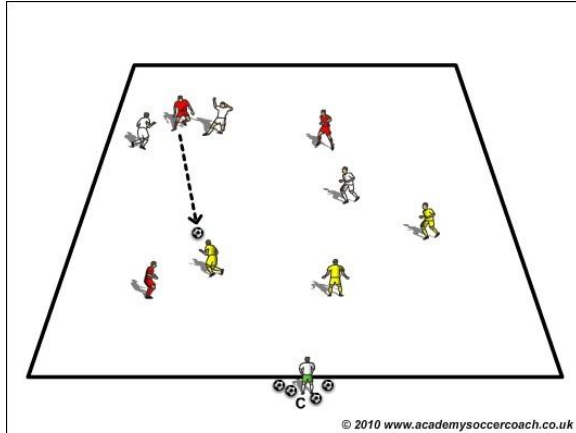
V. Quick Transition Game (FIG. 3)

1. 3 even team
2. Scoring team remains and quickly attacks other goal.
3. Team scored on quickly leaves field, resting team on to defend.

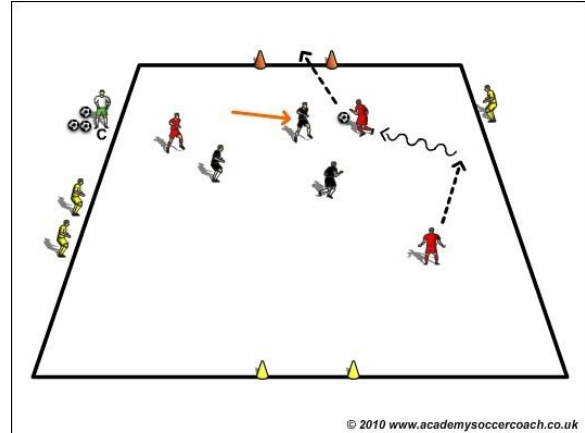


VI. Small Sided Games (SSG)

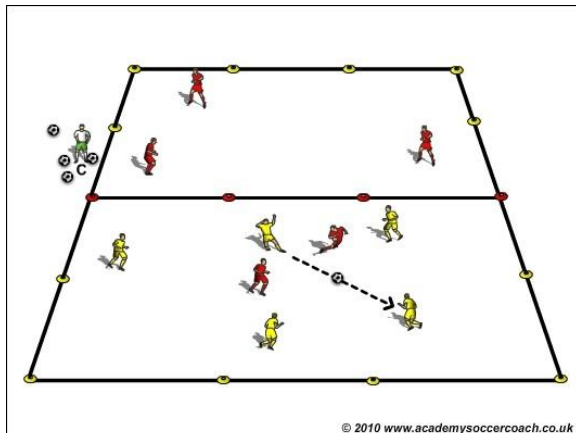
1. 1 team to large, other to 2 small goals. (FIG. 4)
2. 3 line game
3. 4v4
4. 4v4+n



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 Team Possession
 1. Large Grid
 A. 2 teams vs 1 team Rotate through middle, time/not gaining possession.



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 1 team waiting to transition on to replace the team scored on.
 Reds score on orange goal, quickly retrieve ball and begin immediate attack on yellow goal.
 As black gets scored on, get off pitch as yellows transition on to defend yellow goal.
NO WAITING FOR TEAM COMING ON TO GET SET BEFORE BEGINNING NEW ATTACK



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 5v5 - or similar
 Yellow maintain possession in 1/2, #'s down red challenge for possession.
 If red wins ball, pass/dribble to own 1/2 and maintain while #'s down yellow challenges.



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 LG goal VS SM goals
 One team play to large goal, other to two small/PUG goals
 "No-go" crease in front of LG goal = no shots from inside (if necessary)