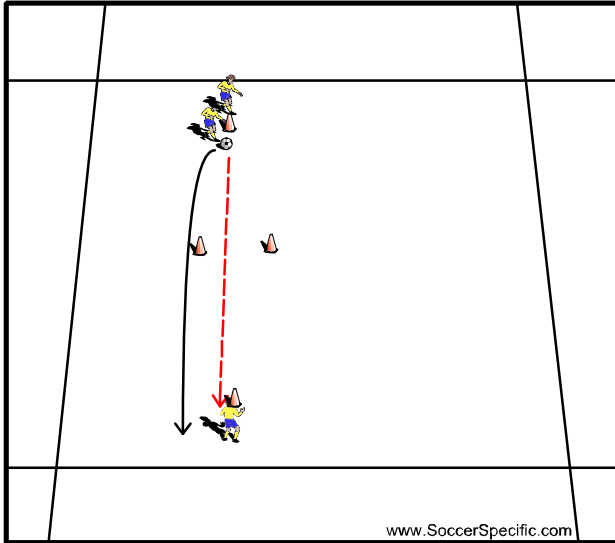


ACTIVITY #1

Set up: Players in groups of 3 or 4. One ball per group. Two cones about 10 yards apart with a gate halfway between.

Instructions: Pass and follow pass. Can you get it through the gate? Can you play in two touches?

Coaching Points: Passing Technique:
Toe up, ankle locked, knee bent but firm.
Plant foot next to ball pointed towards target.
Strike through middle of the ball.

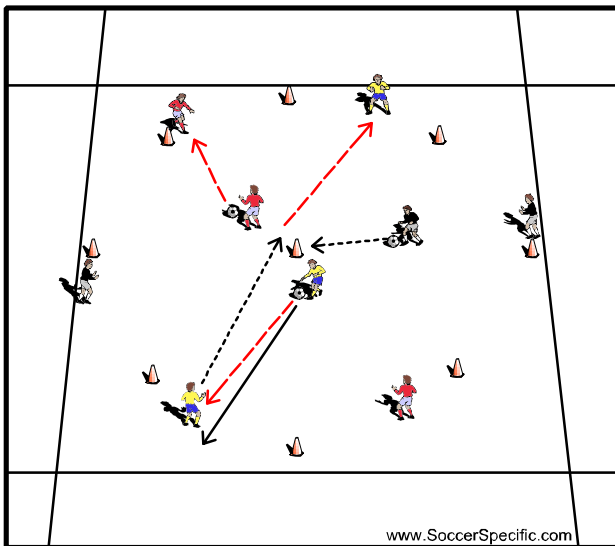


ACTIVITY #2

Set up: Groups of 3. One ball per group. One player from each group in middle with a ball. Other two players outside of the circle

Instructions: Players dribble with close control from the outside of the grid, past the center cone, and then pass to their teammate on the outside. Outside player receives and dribble past middle cone...Inside player replaces outside player after pass is made

Coaching Points: -close control of the ball
-Passing technique as discussed previously
-accuracy in passing
-head up while dribbling to find outside player and to avoid collisions.

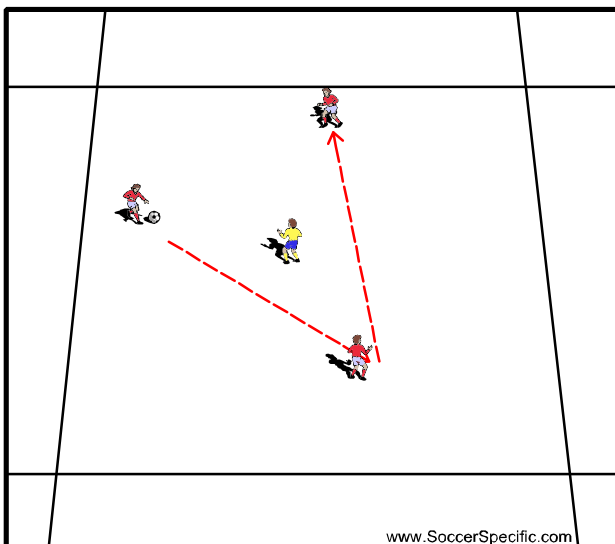


ACTIVITY #3

Set up: 3 attacking players. 1 defender (holding bib)

Instructions: 3 attacking players must play inside of grid and work to maintain possession. How many can you get in a row. 4 passes = 1 point. If defender wins ball he/she can dribble to edge of grid for a point. Play each round for 1 minute. Players to keep track of score

Coaching Points: Proper passing technique
Movement to support player on ball
Awareness/engagement when off the ball



ACTIVITY #4

Set up: 4v4, 20x25 w/ pop up goals.

Instructions: Water break every 8-10 minutes. Mix teams at this time as well.

Coaching Points: Encourage footskills and spacing. Positive reinforcement is essential

