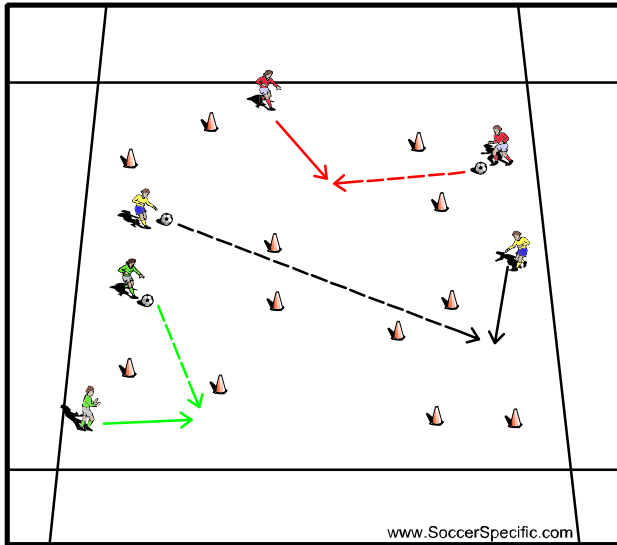


ACTIVITY #1

Set up: Gates spread throughout the playing area. Players with a partner. 1 ball per partnership.

Instructions: Players dribble and move throughout the playing area and pass through the gates to teammates. How many gates can you pass through in X seconds? Can you pass through two gates with one pass? Add condition that you must receive ball while moving to prevent players from standing and waiting on the otherside of a gate.

Coaching Points: -Good passing technique (toe up, ankle locked, follow through middle of ball, contact with inside of foot, plant foot next to ball pointed at target)
-movement
-communication

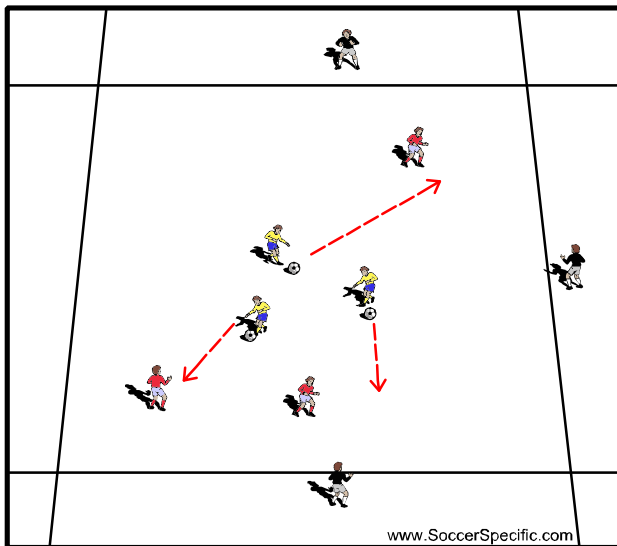


ACTIVITY #2

Set up: 3 teams. 1 team with balls. 1 team on outside. 1 team inside grid

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: Passing technique
-toe up, ankle locked, knee bent but firm
-angled approach, plant foot next to ball, toes-hips, and knee pointing at target
-strike through middle of ball with instep

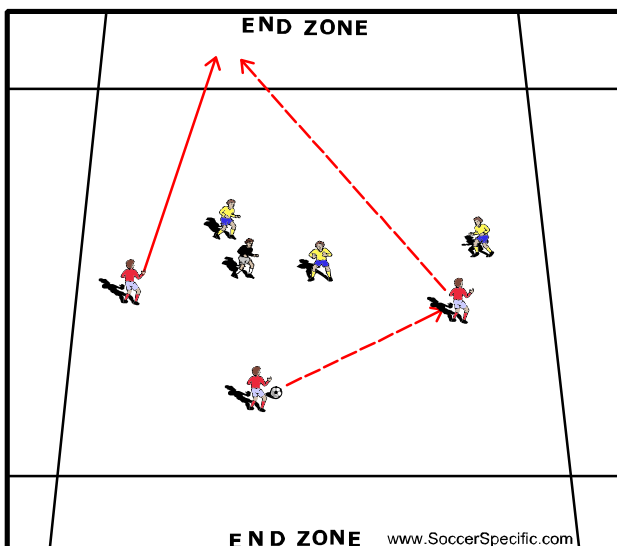


ACTIVITY #3

Set up: 3v3 plus one. 25x30 grid which has two 5 yard endzones.

Instructions: teams compete and attempt to score a point by passing into the endzone to a teammate. Players cannot stand still in endzone (may add condition that endzone lines is offside line).

Coaching Points: -Good passing technique used to establish possession
-Movement off the ball to create possession and to allow for penetration



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

