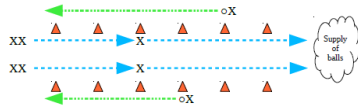
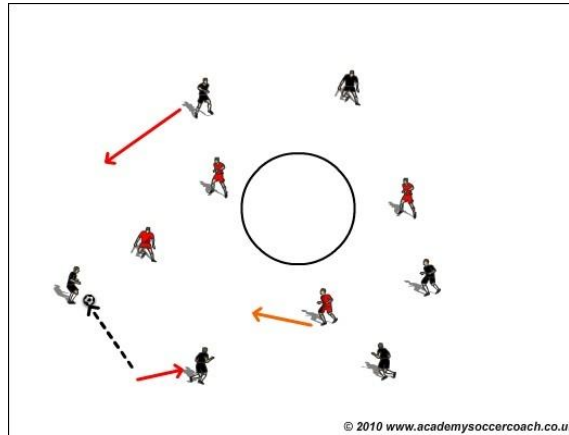


Jogging: Setup: 2 lines (5 yards apart) of parallel cones (5 yards apart)



Exercises performed on the way down inside the cones
Dribble ball back along outside of cones, performing skills, pass back when done

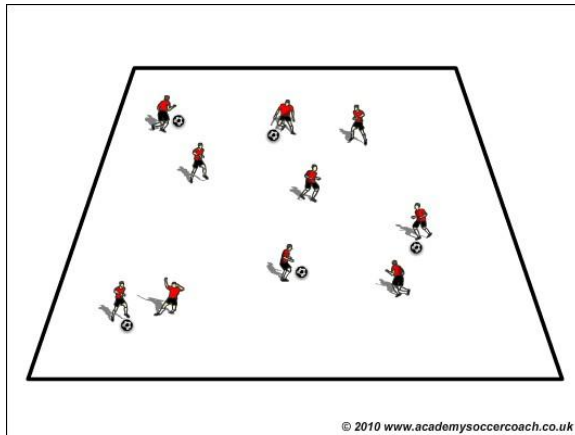
- Exercises:
1. Straight ahead – jog to last cone.
 2. Hip Out – at each cone, lift knee forward, rotate out to full range of motion.
 3. Hip In – at each cone, lift knee to outside, rotating in to front.
 4. Circle Partner – at each cone, shuffle in towards partner, circling, shuffle back to cone.
 5. Shoulder Contact – at each cone, shuffle in towards partner, jump in for light shoulder bump, landing softly on balls of both feet with bent knees, shuffle back to cone.
 6. Quick Forward & Backward – quickly forward 2 cones, shuffle back 1 cone.



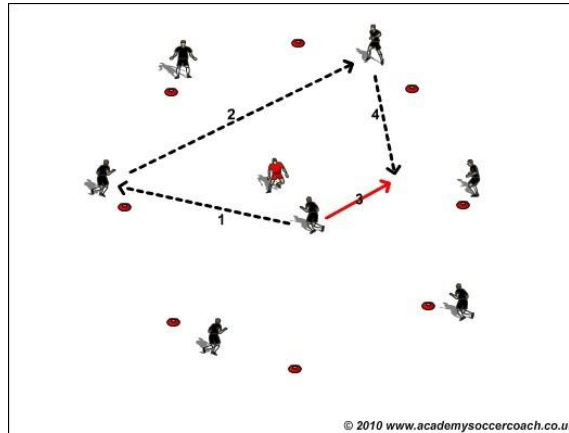
POSSESSION, PASSING, and DRIBBLING
6v4, 4 defend the circle
Attacking team maintain possession and score by dribbling into the circle
-Var.: Also score by completing 5 consecutive clean passes - Prevents 4 guarding circle
Defending team score by dribbling ball outside of area while in possession
COACHING POINTS:
-Creating space
-Dribbling skills
-Quality of passes
-Support and off ball movement

SSG TO END ZONES

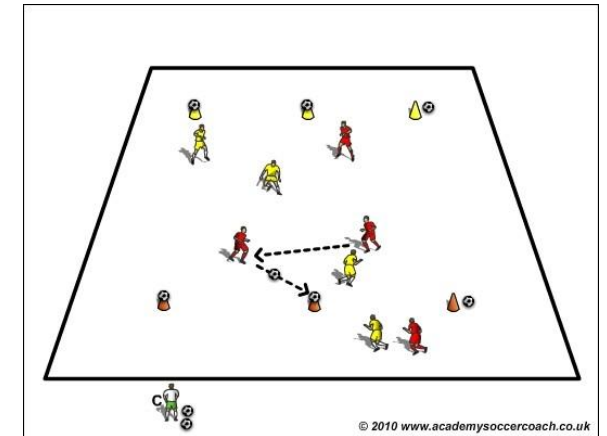
- 2 even teams (+1 if needed)
- 20 x 30 field
- 5 yd end zone at each short end
- Normal play (street rules)
- Score by completing pass to player stretched to end zone
- Leave ball in end zone after point
- Team scored on brings ball back into play



Half of players in the group have a ball and half do not.
If you do not have a ball you need to steal one from someone who does.
If the ball goes out of bounds, the person who touched it last LOSES possession.
When the coach yells freeze, those who have possession of a ball receive a point.
Play multiple games.
COACHING POINTS:
-Bend your knees and get down low
-Use your arms to keep balance
-Keep the ball close using the inside, outside and sole of the foot
-Keep your head up



CIRCLE POSSESSION
1v1 in middle of circle
Outside players limited (2-3) touches, keep play moving and high intensity in middle
Inside players as many touches as needed - encourage dribbling skills!
Inside players may NOT tackle outside players, MAY intercept passes.
COACHING POINTS
-Quality of passes
-Angles and depth of support
-Off ball movement
Communication



BALLS ON CONES GAME
3 Balls each resting on cones at ends of pitch
-Team combines play with final goal of upsetting each of opponents balls from its cone.
-Once ball is knocked from cone, it is 'dead' and may not be played.
-May introduce an additional ball to increase awareness/decision making required.
-May require ball to be knocked via a one-touch for skilled/advanced players.

- Cool down:
Light jogging / dribbling for approximately 5-10 minutes.
Stop occasionally to statically stretch major muscle groups.
- | | | |
|------------|--------|------------|
| Quads | Gleuts | Hamstrings |
| Lower Back | Calves | Abs / Core |
- Rehydrate
Replace lost fluids
- Eat
Replace energy stores
- | | | | |
|--------|--------|------------|---------|
| Fruits | Grains | Vegetables | Protien |
|--------|--------|------------|---------|
- Good Sleep