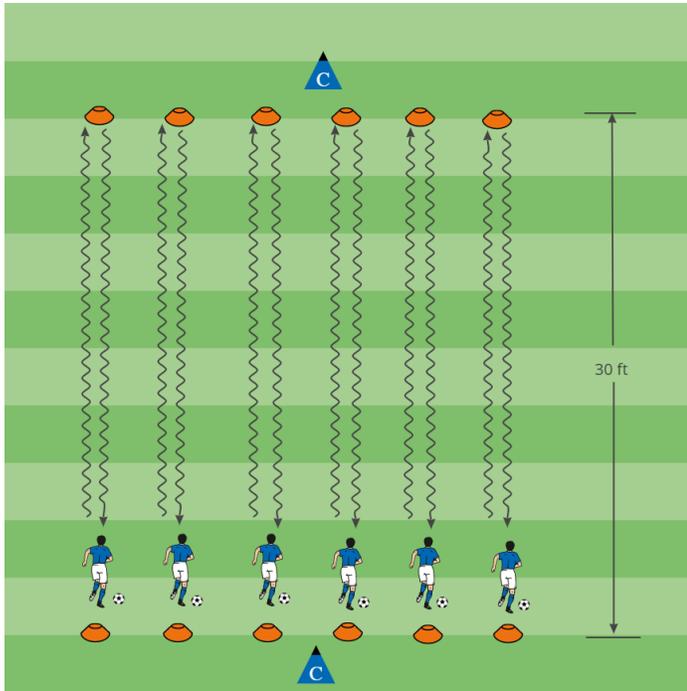


1. WARM UP



ACTIVITY: DRIBBLING BASICS

Set up a pair of cones for each player approx. 30 ft apart. Each player has a ball.

Start with 50 toe taps, 25 each foot.

Next, 50 foundations (pass between inside of feet, in place)

Next, dribble from cone to cone using right foot only then dribble back to original cone using left foot only. Do this using the different foot surfaces:

- Outside of foot (pinky toe)
- Inside of foot (big toe)
- Laces
- Toe
- Bottom of foot (cleats)

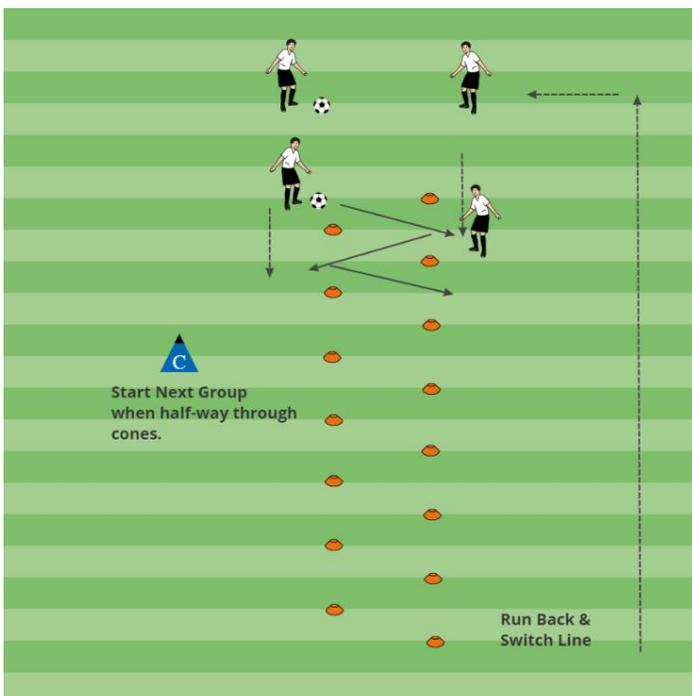
Coaches demonstrate each type of dribble.

Watch technique, correct as needed.

Stress keeping head up (hold up a number of fingers and ask players how many)

Activity Time: Approx. 10 minutes

2. SMALL-SIDED ACTIVITY



ACTIVITY: PASSING IN PAIRS

Set up cones in two lines, staggered so each cone in the line is approx. 6 feet apart.

Two lines, each player has a ball in one of the lines.

Player work together in pairs.

Players pass diagonally between cones, one pair at a time until the coach gives the OK for the next pair to start.

Each player faces their partner and shuffles to the next spot between cones when receiving the pass. Players should NOT be running, but shuffling. Two-touch max. each.

Each pair must pass through all the cones then run back and switch lines.

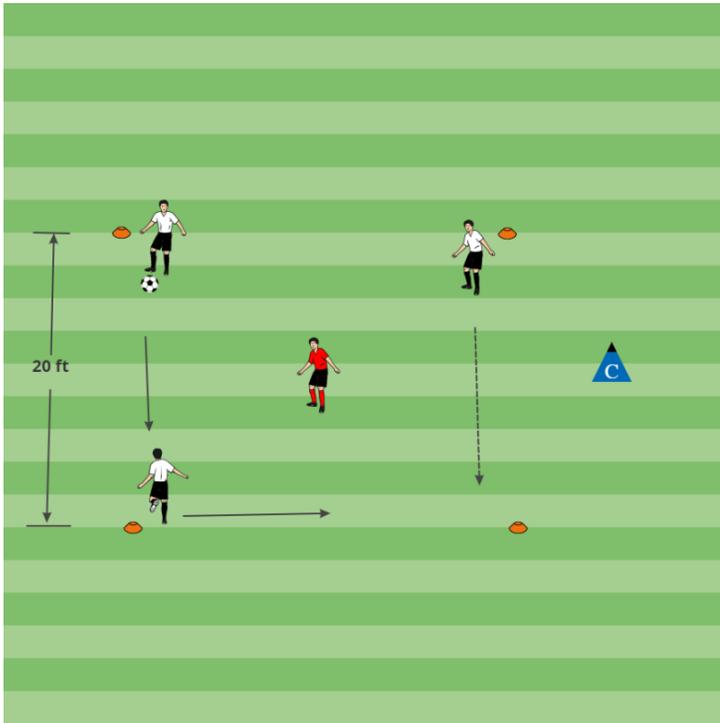
Coach demonstrates how players should strike the ball with the inside of the foot.

Coach also demonstrates how to receive the ball so that it stays close to their foot.

Coach stresses keeping head up while passing/receiving.

Activity Time: 15 minutes

3. EXPANDED ACTIVITY



ACTIVITY: PLAYER IN THE MIDDLE

Set up squares with cones approx. 20 feet x 20 ft.

Four players per square, one ball per square.

Coaches: set up as many squares as needed.

3 players on cones, one player in the middle.

Players at cones pass to each other and move to the open cones. Player in middle tries to steal the ball.

Coach demonstrates how players should strike the ball with the inside of the foot.

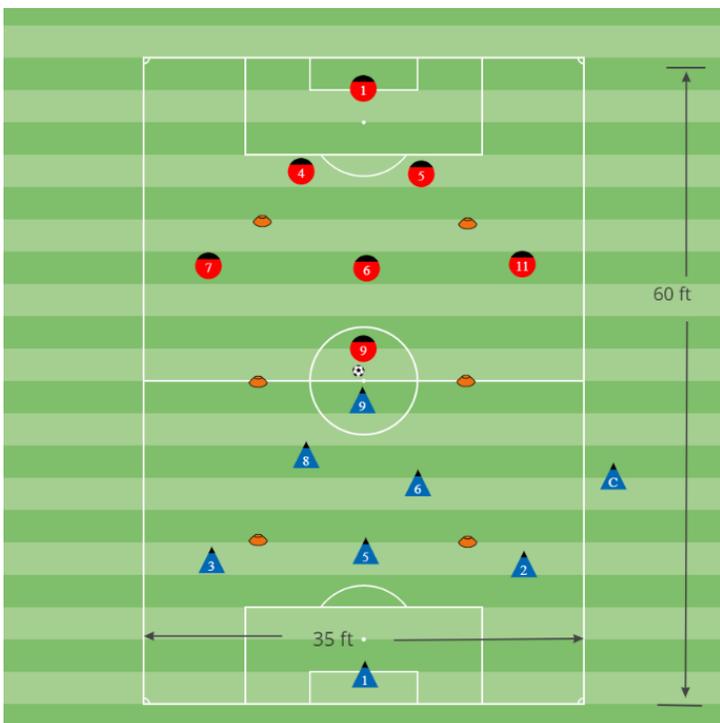
Coach also demonstrates how to receive the ball so that it stays close to their foot.

Coaches: Have the players move to cones so player with ball always has two passing options.

If the one player in middle steals the ball, player who made that pass gets in the middle.

Activity Time: 15 minutes

4. GAME 7v7



ACTIVITY: 7v7 Game with Small Goals

Use 35 ft x 60 ft lined field (use cones if not lined) with 6 ft x 12 ft goals.

Coach choose between two formations:

1-3-2-1 or 1-2-3-1

Use cones to divide the field into three zone (left, middle, right). Use these zones to help direct players to create open space.

Play two 15 minute periods with 3 minute water break.

Coaches: Obverse spacing of players. Give coaching points with regard to creating space by moving without the ball and dribbling/passing with their heads up.

Activity Time: 33 minutes