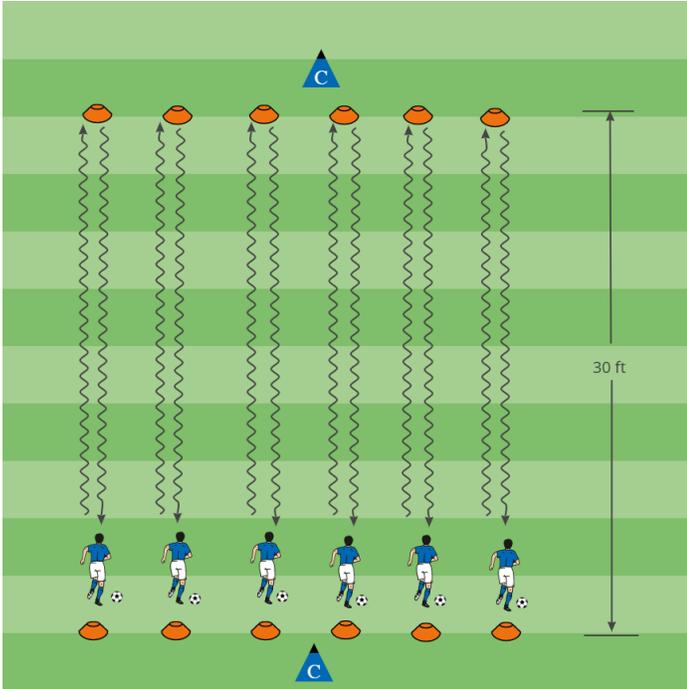


1. WARM UP



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)

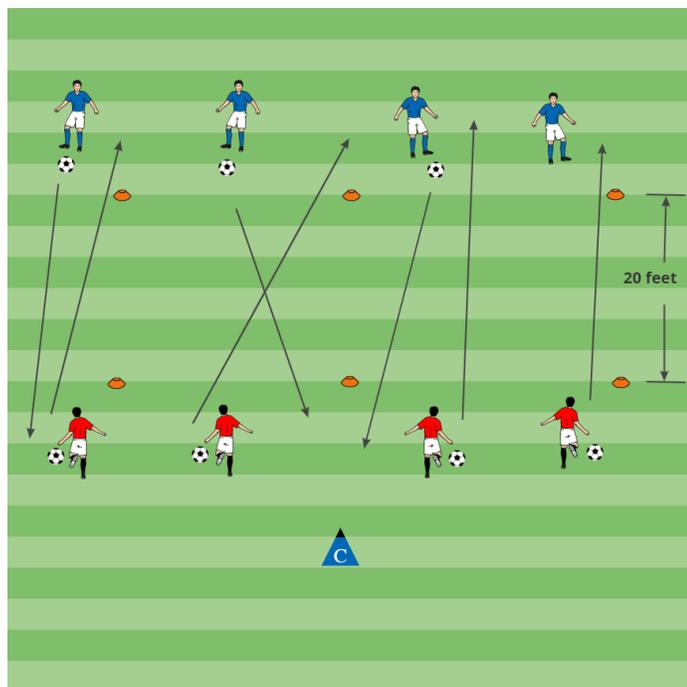
Coaches demonstrate each type of dribble.

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: CLEAN THE YARD

Set up area with cones 20 feet apart.

Split players into two teams. Half on each side of cones (no one is between the cones).

Pair Players Up. If odd number of players, have coach pair up with a stronger player

Object is to have the fewest amount of balls on your side of the field when time is called. (Coach call time after 4 minutes.)

Have one fewer ball than pairs. (If you have 6 pairs, only use 5 balls.)

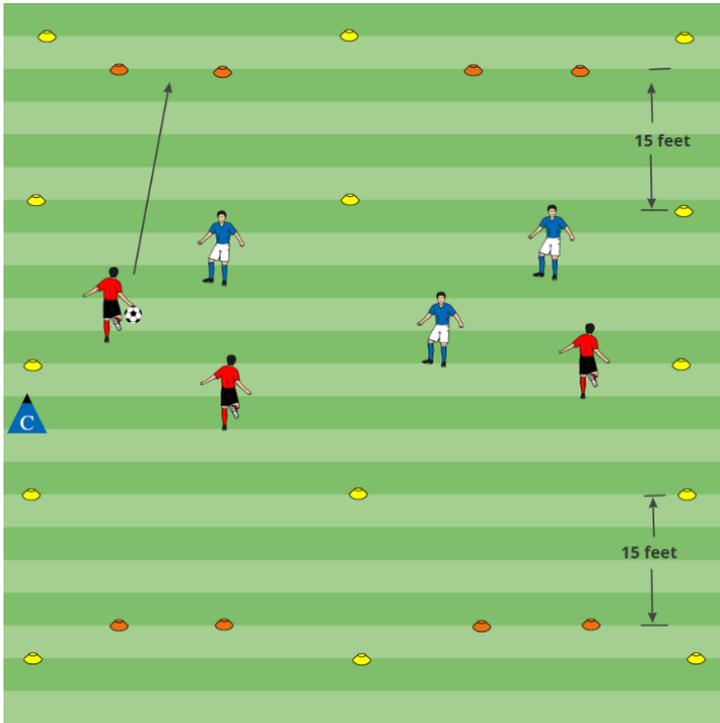
Rotate players on one side so they are in different pairs each round.

Coach demonstrates how to strike the ball with instep and laces. Players can either instep or laces (NO TOES)

Do minimum of 5 rounds, 4 minutes each round.

Activity Time: 20 minutes

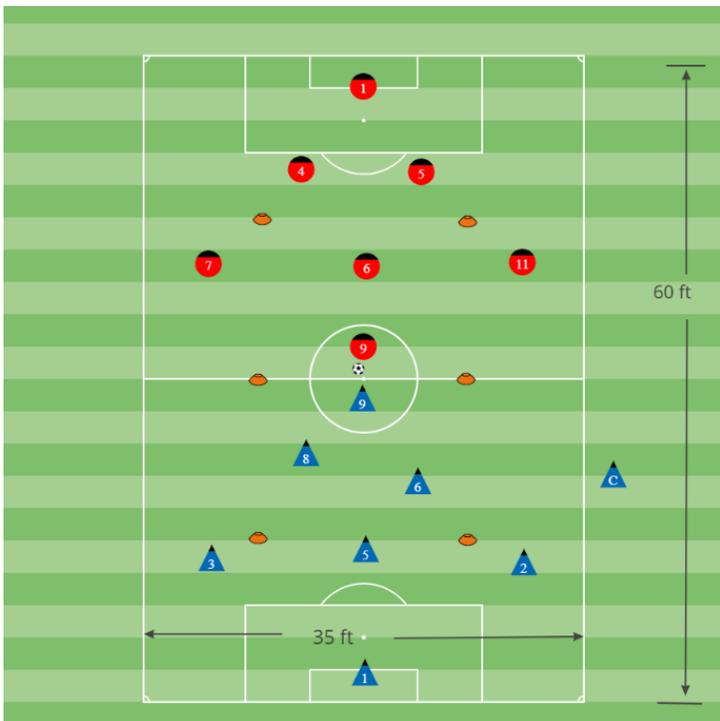
3. EXPANDED ACTIVITY



ACTIVITY: 3v3 OUTSIDE GOALS

Set up area with cones 20 yards x 30 yards.
 Place cones across the field 15 feet (5 yards) into the field from the two goals.
 Split into two teams of 3.
 Each team attacks and defends two goals.
 Coach plays ball into game area.
 The objective is score into one of the two goals.
 Players cannot cross the line and must shoot from the field of play ONLY.
 Rotate players into different positions on the field so they can redirect the ball in different parts of the field.
 Coaches: Observe how they interact with their teammates. Observe proper receiving, passing, shooting with the inside of the foot or laces.
 Do minimum of rotations with 20 minutes of play.
 Activity Time: 20 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 striking the ball with instep or laces properly.

Activity Time: 33 minutes