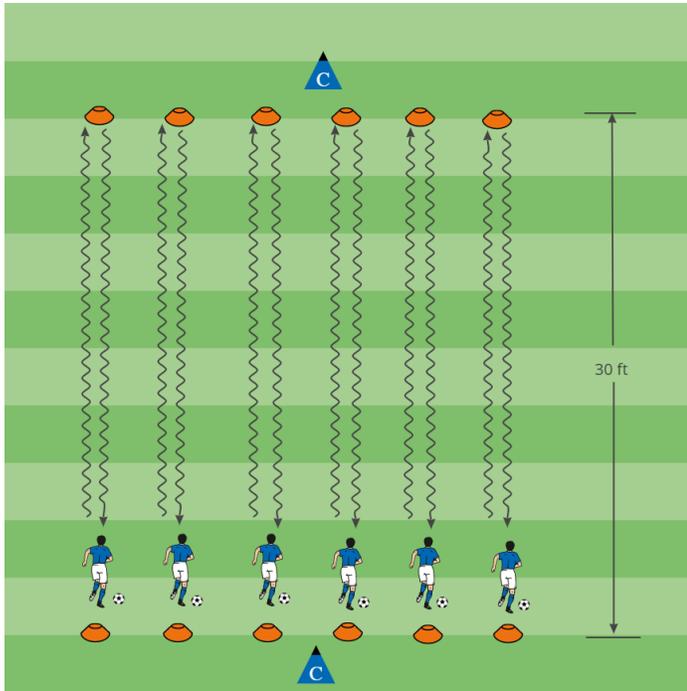


1. WARM UP



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)

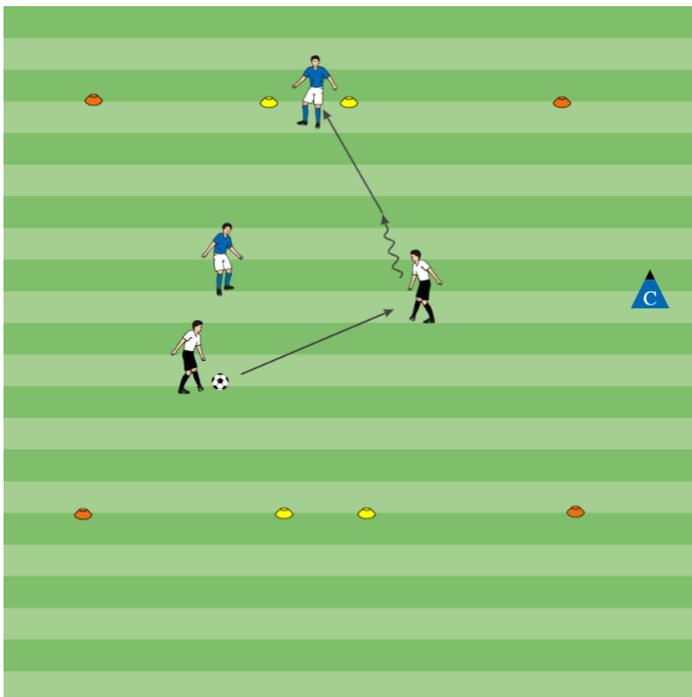
Coaches demonstrate each type of dribble.

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: LAST PLAYER BACK

Set up area with cones 30 feet apart with goals on each end.

Pair players up or set up teams of 3.

Play a game to goals.

The team that has the ball must always attack with everyone.

The team defending sends someone back to stand on the goal line – they become the goalkeeper.

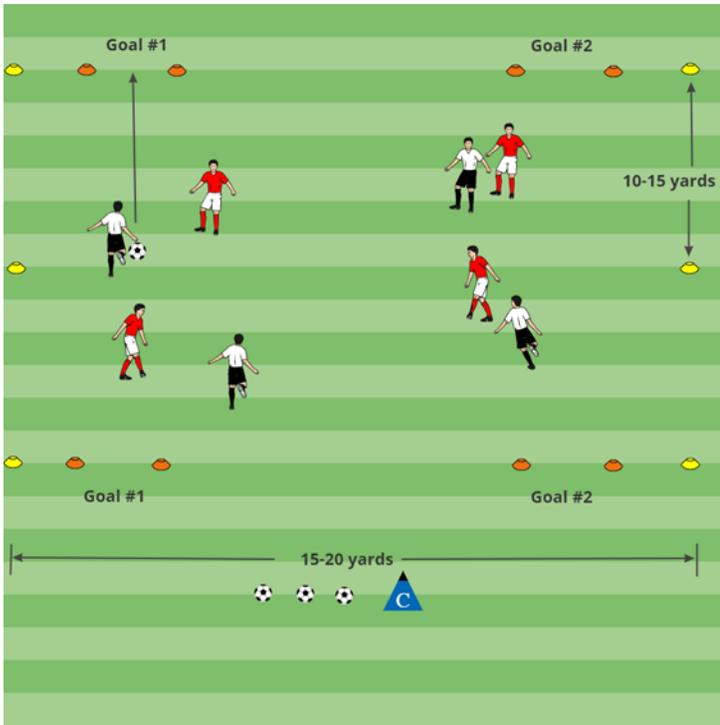
When the team that is defending wins the ball that player that was in goal must now come out and the team that was attacking sends someone (usually the last player) back to stand in the goal.

Coach demonstrates how to strike the ball with instep to make longer pass.

Do minimum of 5 rounds, 4 minutes each round.

Activity Time: 20 minutes

3. EXPANDED ACTIVITY



ACTIVITY: 4v4 4-GOAL GAME

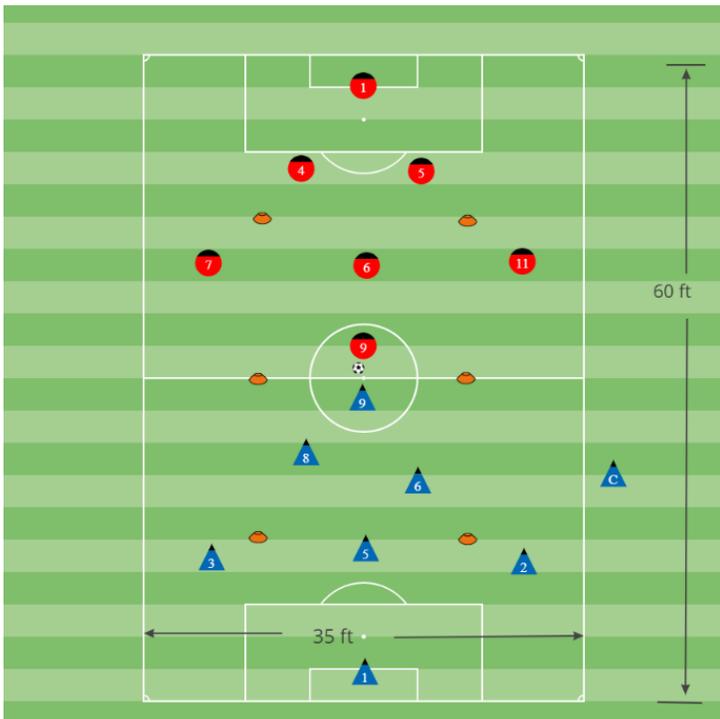
Set up area with cones 20 yards x 30 yards.
 Remove cones from middle of field from previous activity.
 Split into two teams of 4.
 Each team attacks and defends two goals.
 Coach plays ball into game area.
 The objective is score into one of the two goals.
 Rotate players into different positions on 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.

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