

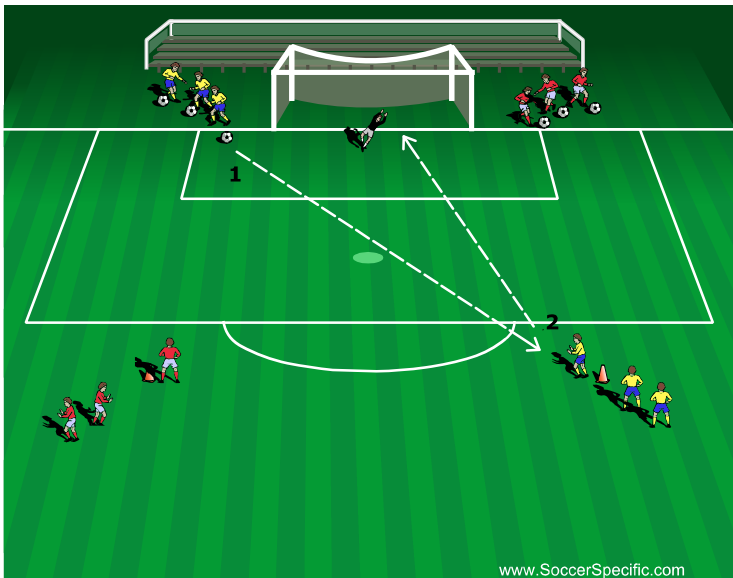
ACTIVITY #1

Set up: Warm-Up: Inside the penalty area.

Instructions: Players each have a ball. Practice Juggling. Start out striking the balls out of the hands. The try to consecutively strike the ball 2x and catch it. Build up to as many as possible. Try to not let the ball hit the ground.

At the end have the players kick the ball as high as possible, and still be able to catch it. See who kicks it the highest.

Coaching Points: Must use the instep (laces). Try to strike through the center of the ball. This will make the ball go straight up in the air (allowing you to catch it, or strike it again).



ACTIVITY #2

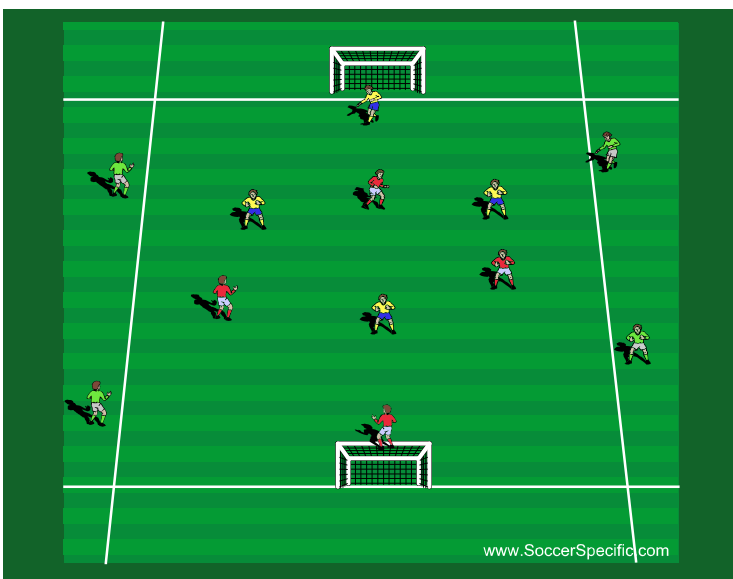
Set up: Small Game

Instructions: Teams start out by passing across the penalty area to their teammate, who takes a touch and shoots at goal. Players then switch lines (passer goes to the end of the shooters line, shooter retrieves the ball and goes to the passing line). Teams alternate shots. First team to score 10 goals wins. Or play 3 minute rounds. Losers have to do pushups. Have a coach play as a goalkeeper, or have the team that wins the round, choose a goalkeeper for the next round.

Coaching Points: Players hips must face the target when striking the ball.

Strike the ball with the instep (laces).

Follow through when shooting, and land on the kicking foot after contact.



ACTIVITY #3

Set up: Big Game

Instructions: 3 Team Game. Winners stay on for 5 minutes or until a goal is scored, whichever comes first. The team that is off (greens here) should play as wall players and have 2 touches and cannot score). Field should be small enough that the players can score from almost anywhere on the field.

Coaching Points: Encourage players to shoot at goal. (Even the players in goal). Continue to have players strike the ball with the laces, and keep body over the ball to avoid missing the target high.