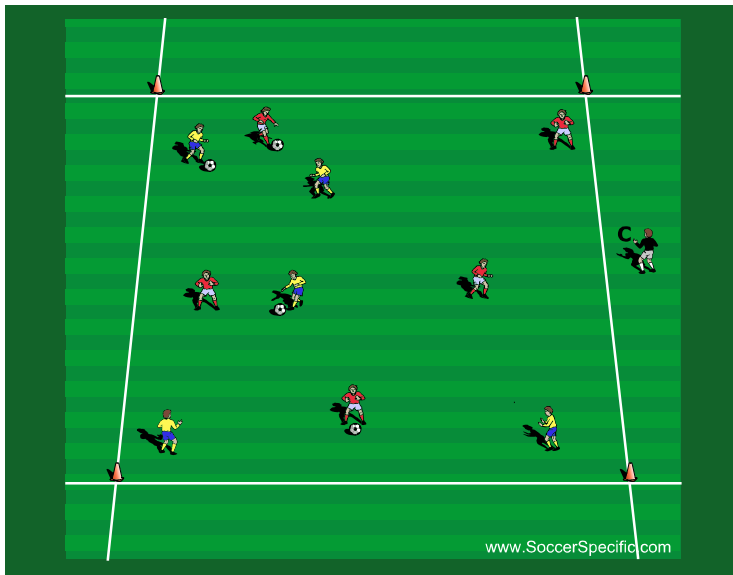


ACTIVITY #1

Set up: 30 yards wide by 40 yards long; two teams; use 4 soccer balls for the next exercise; every player with a color pinnies tucked into the back of their shorts (make like a tail). Divide color pinnies equally for the two teams..

Instructions: Players without a ball can have their tail stolen. Players with a ball cannot have their tail stolen. On coach's command 'Go!', players look to steal as many tails as possible; players with and without soccer balls can steal pinnies. Play for 2 minutes; at the end of time see which team has the most pinnies. *If the ball goes out of bounds, it is a 'hustle play' to touch the ball first; that player keeps the ball.

Coaching Points: Speed dribbling, control dribbling, head up, deception/fakes and identifying space. Includes passing and decision making = player on the ball.

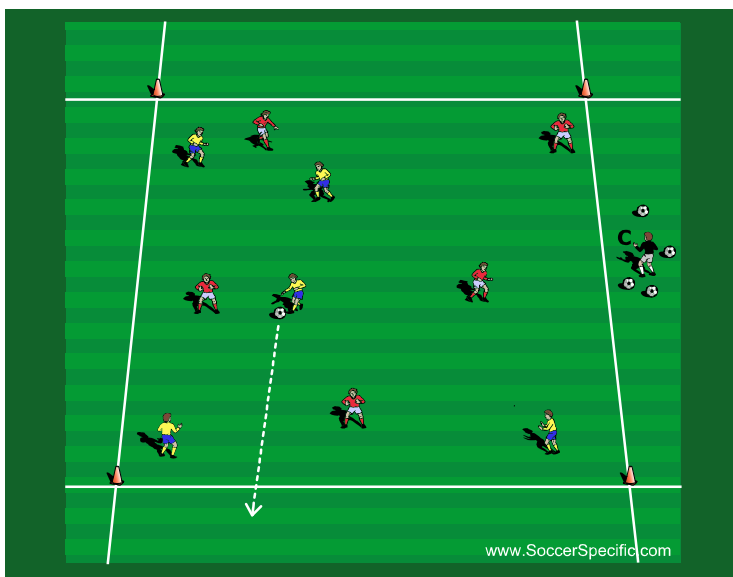


ACTIVITY #2

Set up: 30 yards wide by 40 yards long; two teams; use 4 soccer balls for the next exercise; every player with a color pinnies tucked into the back of their shorts (make like a tail). Divide color pinnies equally for the two teams..

Instructions: Players without a ball can have their tail stolen. Players with a ball cannot have their tail stolen. On coach's command 'Go!', players look to steal as many tails as possible; players with and without soccer balls can steal pinnies. Play for 2 minutes; at the end of time see which team has the most pinnies. *If the ball goes out of bounds, it is a 'hustle play' to touch the ball first; that player keeps the ball.

Coaching Points: Speed dribbling, control dribbling, head up, deception/fakes and identifying space. Includes passing and decision making = player on the ball.

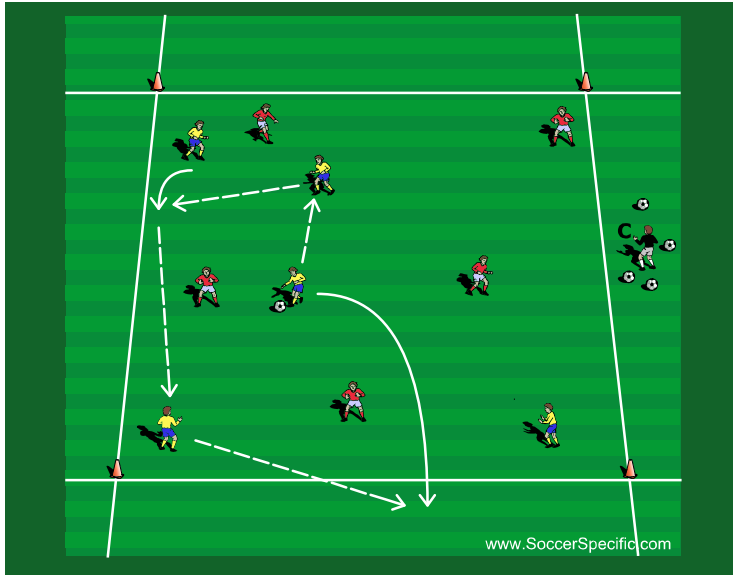


ACTIVITY #3

Set up: 30 yards wide by 40 yards long; two teams; use 1 soccer ball for the next exercise; every player with a color pinnies tucked into the back of their shorts (make like a tail). Divide color pinnies equally for the two teams..

Instructions: Teams play to the opponent's end line. Players must dribble the ball past the line to score. If the tail is pulled out or the ball tackled, no goal. Player must safely get past the opponent and the line. Variations can be for player's to take 3 touches; if tail stolen while dribbling the ball, they must do 5 pushups/10 star-jumps/etc (this allows the other team to have a man advantage). Play for 5 minutes. Play to a specific score.

Coaching Points: Speed dribbling, control dribbling, head up, deception/fakes and identifying space. Includes passing on the move and decision making.

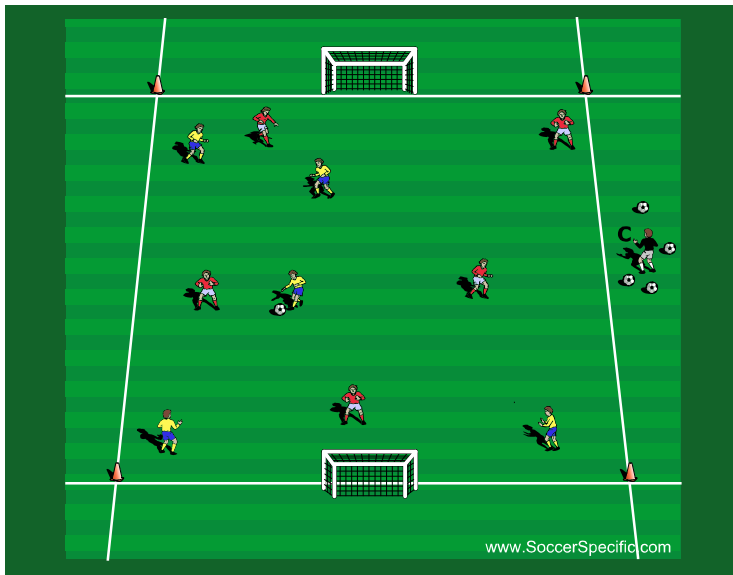


ACTIVITY #4

Set up: 30 yards wide by 40 yards long; two teams; use 1 soccer ball for the next exercise; every player with a color pinnies tucked into the back of their shorts (make like a tail). Divide color pinnies equally for the two teams..

Instructions: Teams play to the opponent's end line. Players must pass the ball past the line to a teammate on the run. If the tail is pulled out or the ball tackled, no goal. Player must safely get past the opponent and the line. Variations can be for player's to take 3 touches; if tail stolen while dribbling the ball, they must do 5 pushups/10 star-jumps/etc (this allows the other team to have a man advantage). Play for 5 minutes. Play to a specific score.

Coaching Points: Speed dribbling, control dribbling, head up, deception/fakes and identifying space. Includes passing on the move, passing in a positive direction (to goal), receiving and decision making.



ACTIVITY #5

Set up: 30 yards wide by 40 yards long; two teams; use 1 soccer ball for the next exercise; add goals.

Instructions: Play! Look for players that want to dribble effectively, positively and to goal (including trying to beat defenders). Look for players that make smart decisions to pass the ball at the right time.

Coaching Points: Speed dribbling, control dribbling, head up, deception/fakes and identifying space. Includes passing on the move, passing in a positive direction (to goal), receiving and decision making.