

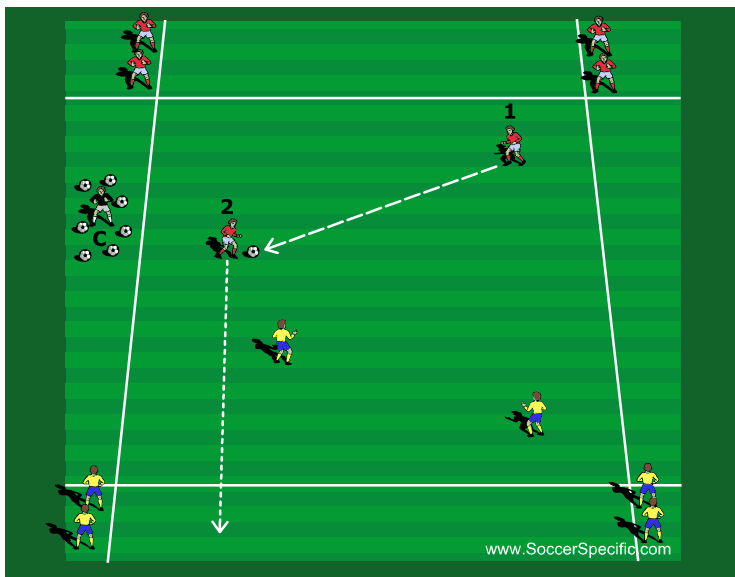
ACTIVITY #1

Set up: 0-15 Minutes. Place 20 cones randomly around a 20 yard wide by 30 yard long space. Cones should be 3-5 yards apart. Every player with a ball.

Instructions: WARM-UP

Coach calls out different parts of the feet to use: i.e. outside of the right and left feet, inside of the left and right feet, sole of the right and left feet. Proceed to moves and feints: i.e. inside-outside of right, outside-inside of left, step-overs, scissors. Lastly-give the players 3-5 minutes of creative time, where the players can try out their favorite moves and maybe even create new ones. As you progress through the first couple of minutes, take time to show your team dynamic stretches.

Coaching Points: 1)Head up (NO COLLISIONS with either the cones or other players
2)Keep the ball close to your feet, no huge touches
3)No Walking, make sure the players are jogging or sprinting with the ball



ACTIVITY #2

Set up: 15-35 Minutes. Set up a 20 yard wide by 30 yard field. You can distinguish your area by cones. Have all the balls with the coach in the center of the field. Two teams (yellow and red).

Instructions: SMALL GAME

Play 2 v 2 and progress to playing 3 v 3. Coach plays the ball to either team and both teams send out two players. Play continues until the ball goes out of bounds or goal is scored. Goals scored by a player on either team dribbling the ball over their opponents endline. After a goal is scored or ball is out of play, players jog back, 2 more players from each team come on field and coach alternates service to the other team. Players off can not defend sideline

Coaching Points: 1)Use moves and change of speed to beat opponents 1 versus 1.
2)Keep ball close to feet
3)Pass or dribble out of pressure.



ACTIVITY #3

Set up: 35-55 Minutes. Field Size: 45-50 yards wide by 50-60 yards long. 2 teams (Red and Green). Goalkeepers in yellow pennies. Set up two offside lines 20 yards out from each goal (this can also serve as a goalie box). Scatter plenty of soccer balls around the field to keep the play moving.

Instructions: BIG GAME

Play throw ins, goalkicks, corners and offside. Can play neutrals if numbers are uneven. Put team in a certain formation 2-2-1 or 3-1-2 (coaches preference)

Coaching Points: 1)Dribble or Pass out of pressure
2)Keep the ball close to body when dribbling
3)Encourage players to be creative
4)Focus on increasing confidence through positive reinforcement and limited constructive