

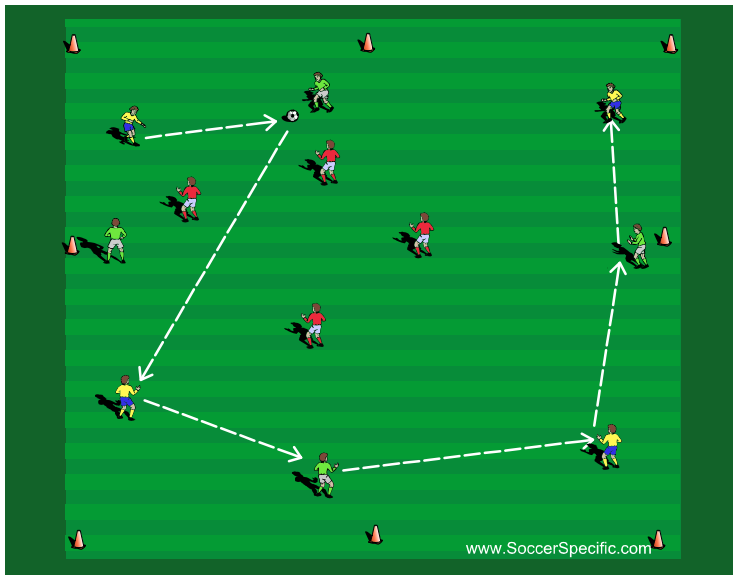
ACTIVITY #1

Set up: 0-10 Minutes. Set up a field 30 yards long by 40 yards wide.

Instructions: WARM-UP

3 Colors (R, Y, G). 4-5 players each group. Each group needs one soccer ball. Each player in group is given a number by the coach 1,2,3,4, or 5. 1 passes to 2, 2 to 3, 3 to 4, 4 to 5 and 5 back to 1. Play two to three rounds. 1st have players stay in one place and then have players move around in grid to add difficulty. Teams can compete to see how quickly the ball goes from Player 1 to Player 5.

- Coaching Points:**
- 1) Passes must be accurate and have the right pace or weight
 - 2) Head up to know where teammate is
 - 3) When passing-toe up, heel down
 - 4) Hit ball in center, follow through to keep low.



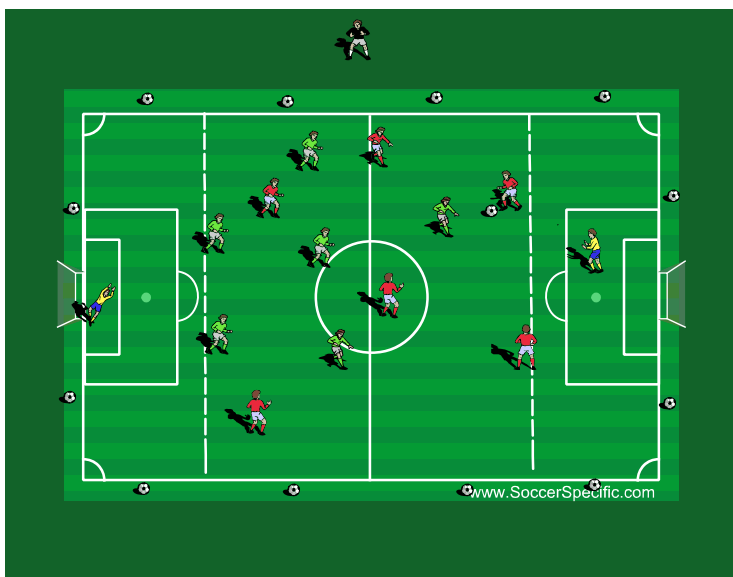
ACTIVITY #2

Set up: 10-35 Minutes. Increase field so that it is now 45 yards wide by 60 yards long.

Instructions: SMALL GAME

3 Colors (R,Y,G). Play a 3 color possession game. One team starts in the middle (RED) the other two teams try and keep possession. If Red wins possession from either the Yellow or the Green team the team that they stole the ball from is now in the middle. If ball goes out play kicks in. Can play 1 or 2 touch if game is too easy for teams in possession of ball. Can also play 10 passes and team in middle has to go in a second time.

- Coaching Points:**
- 1) Pass the ball quickly
 - 2) Passes must be both accurate and have the right pace or weight
 - 3) Talk!



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 offsides 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 offsides. 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) Passes need to be both accurate and have the right amount of weight
 - 2) Praise players for correct passing technique
 - 3) Focus on increasing confidence through positive reinforcement and limited constructive.