

### ACTIVITY #1

**Set up:** WARM UP: 0-10 Minutes

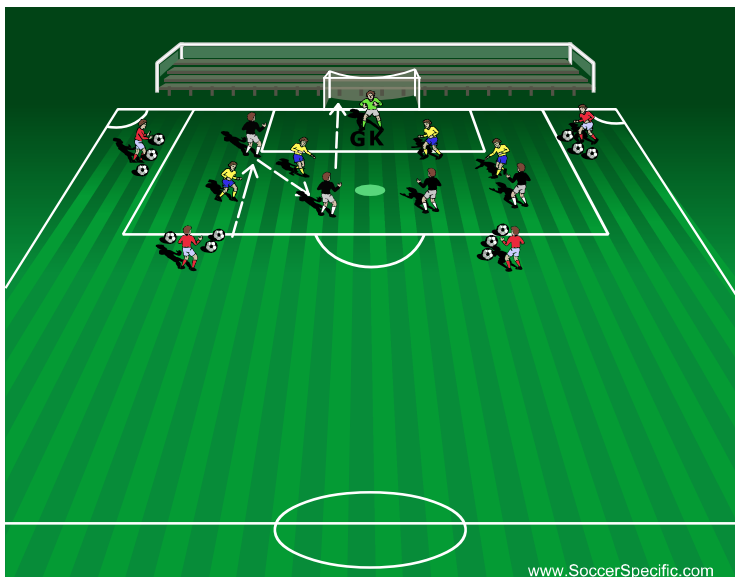
Players inside the 18 yard box (roughly 44 yards wide by 18 yards long)

**Instructions:** Every player with a ball inside the 18 yard box. Players are instructed to dribble with different parts of the foot (inside, outside, sole (bottom)). Coach calls out a player's name and that player must turn and have a shot on goal. If player misses the goal they must run and get their ball. Coach should wait for player to clear goal with their ball before calling out the next player.

**Coaching Points:** 1) Ankle locked of shooting foot and toes pointed at ground

2) Hit the center of the ball to keep it low

3) Strike ball with laces, no TOE BLOWS.



### ACTIVITY #2

**Set up:** Small Group: 10-35 Minutes. Field size: size of the 18 yard box or 44 yards wide by 18 yards long.

**Instructions:** Divide team up into 3 teams. Two teams inside the 18 yards box and one team outside the 18 yard box with balls. One team is on offense and one team is on defense. 2-3 minute rounds. Coach calls out a name of one of the players on the outside and that player plays a ball to the team on offense. That team tries to score quickly. If player on outside runs out of balls they have to retrieve some. Teams keep track of points. Team on offense becomes passer on outside, defenders become offense and passers become defenders

**Coaching Points:** 1) Shots on target

2) Quick shots

3) Good form and of course no TOE BLOWS!



### ACTIVITY #3

**Set up:** BIG GAME

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:** 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) Shots on Target

2) Coach should continue to look for good form when shooting

3) Encourage players to be creative

4) Focus on increasing confidence through positive reinforcement and limited constructive