



### ACTIVITY #1

**Set up:**

WARM UP: 0-10 Minutes.

Set up 6-7 Grids (10 yards wide by 15-20 yards long). Place a big cone or distinguishable target on the end of either endline. Make sure grids are clearly marked to avoid players running into any players from the next grid over.

**Instructions:** One ball for two players. Players play 1 versus 1 in each grid. Goals are scored by knocking over the cone. Play dribble ends and endline friendlies. 2-3 Minute games. As you progress through the first couple of minutes, take the time to show your team dynamic stretches.

- Coaching Points:**
- 1)Close space quickly
  - 2)Force player to go to one side (staggered stance-one foot in front of the other)
  - 3)Be on your toes
  - 4)Get low-knees bent



### ACTIVITY #2

**Set up:** SMALL GAME: 10-35 Minutes

35 yards long by 45 Yards Wide.

**Instructions:** Divide team up into 2 teams. One defending team with all the soccer balls behind endline and attacking team in three even lines behind cones. Play starts by defenders passing a ball to any one of the three lines. At first play 3 attackers and 2 defenders. After ball is out teams jog back to lines. Have teams keep track of score. After 3-4 minutes have 2 teams switch roles.

- Coaching Points:**
- 1)Defenders should close space quickly
  - 2)Closest player to ball pressures and next player covers just in case first defender gets beat.



### 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)Players need to close space quickly
  - 2)Defend as a team
  - 3)Focus on increasing confidence through positive reinforcement and limited constructive