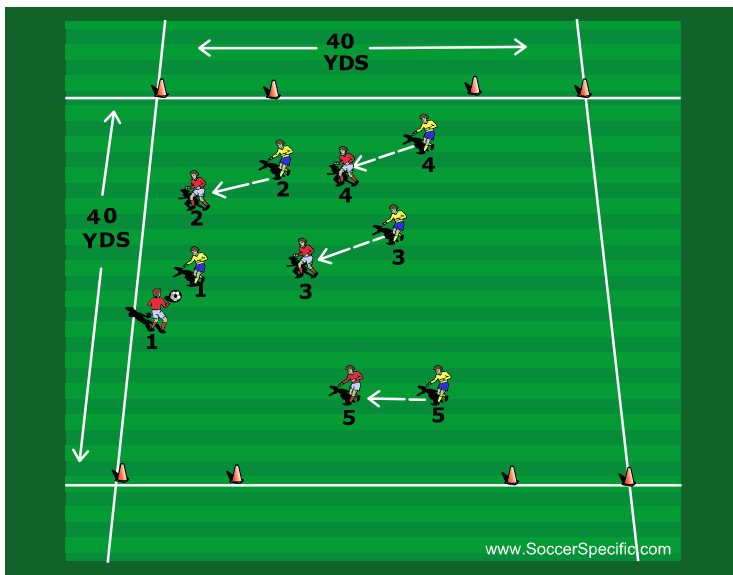


ACTIVITY #1

Set up: 0-20 minutes. Place 6 disc cones randomly around the field at least 5-10 yards apart.

Instructions: Divide players up so that there are two players at each cone with one ball. The game is going to be a 1v1 battle. Player with ball tries to beat defender and roll the ball over any part of the cone for a point. If the defender steals the ball, he or she is then on offense and then can try and attack the cone. No conetending, defenders have to be high pressure. Play 30 second rounds. After the round winners play winners and losers play losers. Crown a 1v1 champion.

Coaching Points: 1)Defender-Get Low-Knees bent, on toes
2)Staggered stance (one foot in front of the other)
3) Tackle with whole body not just with foot (known as stabbing at the ball)

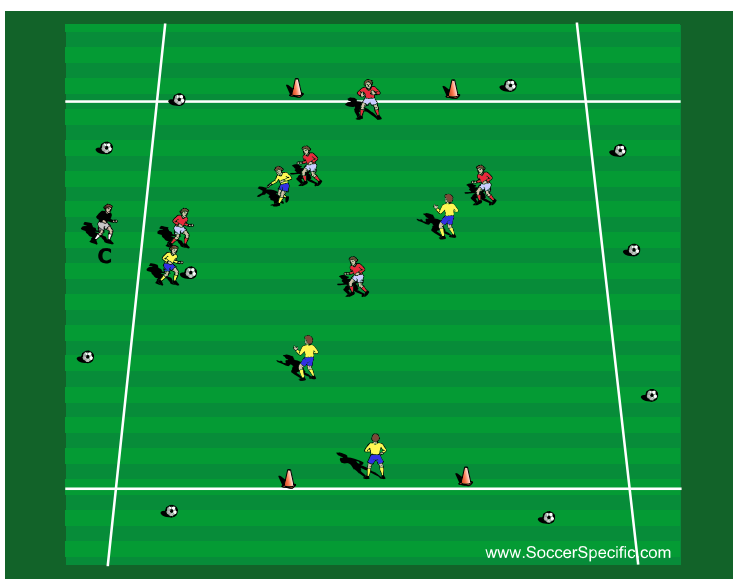


ACTIVITY #2

Set up: 20-40 Minutes. Set up a field 40 yards wide by 40 yards long. Also, set up 2 goals on each endline 3-4 yards apart.

Instructions: Divide players up into two teams (one pennie team and one non-pennie team). Have each player match up evenly with a player on the other team. Rules-Player with ball can only be defended by player who they were matched up with on other team (1v1). Passes can be intercepted by any player but if the player is dribbling no other player but the player on the other team can defend him or her.

Coaching Points: 1) Know where player you are marking is at all times
2)Knees bent-get low
3)Get the full weight behind the tackle, don't just try and tackle with foot



ACTIVITY #3

Set up: 40-60 Minutes. Set up a field 40-50 yards wide by 50-60 yards long (depending on space available, make a rectangle, not a square). Depending on resources use two goal or 4 cones, or 4 flags. Cones need to be 8 yards apart (8 big steps).

Instructions: Divide players into two teams (one pennie team and one non-pennie team). Play with Goalkeepers. Put the team in some sort of formation to avoid bunching around the ball. After every 4-5 minutes switch out goalies. Play throwins and corners. Scatter soccer balls around endline and sidelines for quick restarts. Let them play!!!

Coaching Points: 1) Know where player you are marking is at all times
2)Knees bent-get low
3)Get the full weight behind the tackle, don't just try and tackle with foot (no stabbing)