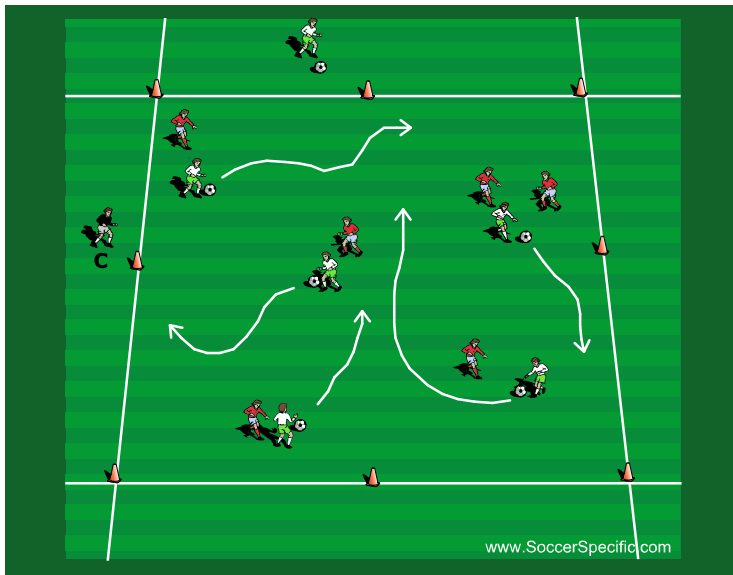


### ACTIVITY #1

**Set up:** 0-20 Minutes. Randomly place 20 cones 2-3 yards apart.  
**Instructions:** Players dribble around cones, through cones avoiding both running into the cones and each other. Variations- right foot only, left foot only, both feet, sole (bottom of foot) only, moves, allow players time to experiment with the ball and to be creative.

**Coaching Points:** 1) Act as if cones are defenders. Try to avoid them.  
2) Head up to avoid running into other players  
3) While dribbling take quick light touches to keep ball close to body

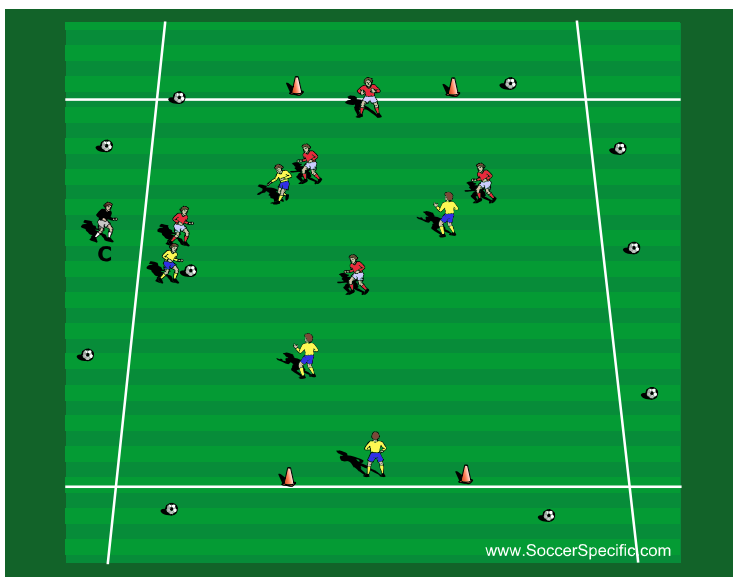


### ACTIVITY #2

**Set up:** 20-40 Minutes. Team Knock out. Set up a field 25 yards wide by 35 yards long using 8 cones.

**Instructions:** Divide up players into two teams (one team with pennies, one team without). One team starts with the ball. The other team without a ball tries to "knock out" the other team by kicking the ball out of the box. Once a player's ball is knocked out of the box they have to wait on the outside until the next round begins. Once all balls are "knocked out" then teams switch and defending team then becomes the offensive team with a ball. Coach times how long that the team can keep the ball in the box. (Note the player on the non-pennie team on the outside has already been knocked out).

**Coaching Points:** 1) Kick the ball, not the player with the ball  
2) Players with ball use your body to shield the ball from the defender  
3) Accelerate into open space with the ball when under pressure



### 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) Head up when Dribbling  
2) Quick Light touches  
3) Use your body to shield the ball from your opponent.