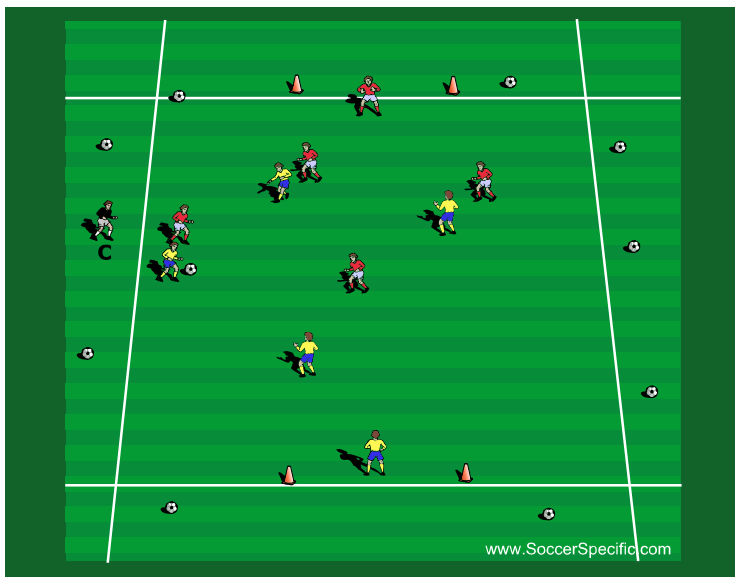


ACTIVITY #1

Set up: 0-20 Minutes. Set up 4-5 lines of cones 3 yards apart (space the lines 5 yards apart-not too close).

Instructions: Have players line up 2-3 players behind each line. As soon as the first player get to 2nd cone have the next player in line go. Have players slalom through the lines on the way down and dribble on the outside on the way back (so they don't run into oncoming traffic). Variations-right foot only, left foot only, both feet, sole of the foot, add moves, have a relay race (if numbers are uneven have team with less players go twice).

Coaching Points: 1)Quick light touches (be in control)
2)Get low (knees bent)



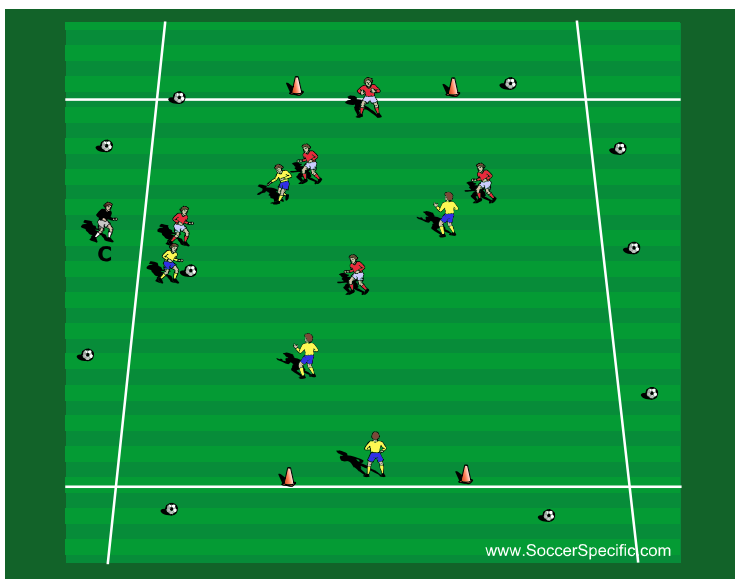
ACTIVITY #2

Set up: Set up a field 50 yards wide by 40 yards long. Set up 4 goals on each end line 5 yards apart. Scatter soccer balls around field.

Instructions: Divide players into two teams. Goals scored by dribbling ball through one of the opposing teams 2 goals. Play dribble ins or kick ins (no throws). If ball goes over endline no corners, only goalkicks (also known as endline friendly).

Variation-make goals 3 yards apart, goals can be scored by passing or shooting the ball through the goals (no dribbling).

Coaching Points: 1) Look for 1 v 1 situations
2) Accelerate with the ball while keeping it close to feet
3)Pass the ball when there are 2 or 3 players marking the player with the ball



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.