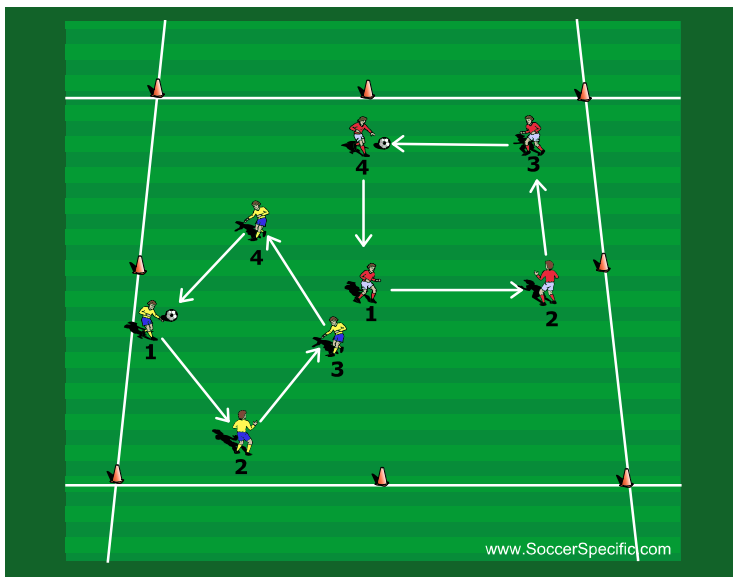


ACTIVITY #1

Set up: 0-20 Minutes. Set up two cones 40 yards apart and on each side set up 2 cones five yards apart. (see above).

Instructions: In pairs have one partner stand on the first line and the next partner stand 5 yards apart cones are good visuals. (Space each group about 5 yards apart from the next group to avoid crowding) Have players play two touches, stop the ball and play it back to a teammate. Then make it into a competition. First team to complete 20 passes wins). Then have the players practice one touch passing. After they have practiced and are having some success have another competition this time to 40 passes. Then move the partners 10 yards apart and repeat the process. Keep it fun!!! A lot of Energy!!! Variation-instead of 20 passes have the pairs see how many passes they can complete in 2 minutes.

- Coaching Points:**
- 1)The shape of the foot (toe up heel down)
 - 2)Strike through the center of the ball
 - 3)Plant foot (non-striking foot should be pointed at target)
 - 4)No Toes, strike with the inside of the foot.

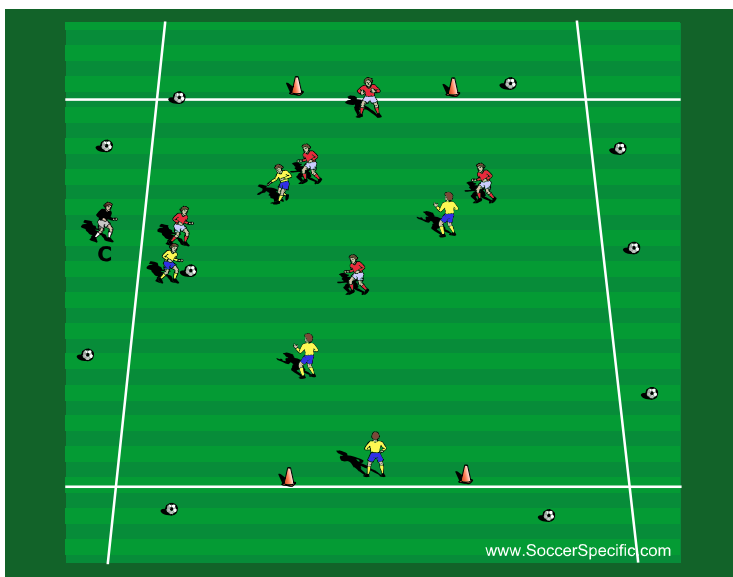


ACTIVITY #2

Set up: 20-40 Minutes. Set up a field 25 yards wide by 35 yards long.

Instructions: Divide players evenly into two teams. Give each player on both teams a number 1,2,3,4, 5 or 6(depending on how many players on each team). 1 passes to 2, 2 passes to 3, 3 passes to 4 and 4 passes back to 1 and so on until the ball makes it around 3 times. Variations-two touch, one touch, have to make passes while moving (no standing), player has to do a move before they pass the ball.

- Coaching Points:**
- 1)Lift up your head to see where you will pass the ball
 - 2)Toe up Heel Down, follow through
 - 3)Communicate-Help your teammate out. Tell teammate where you are.



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 to pass to a teammate
 - 2)Toe up heel down when passing, no toe blows
 - 3)Communicate-help out your teammate. Tell them your open