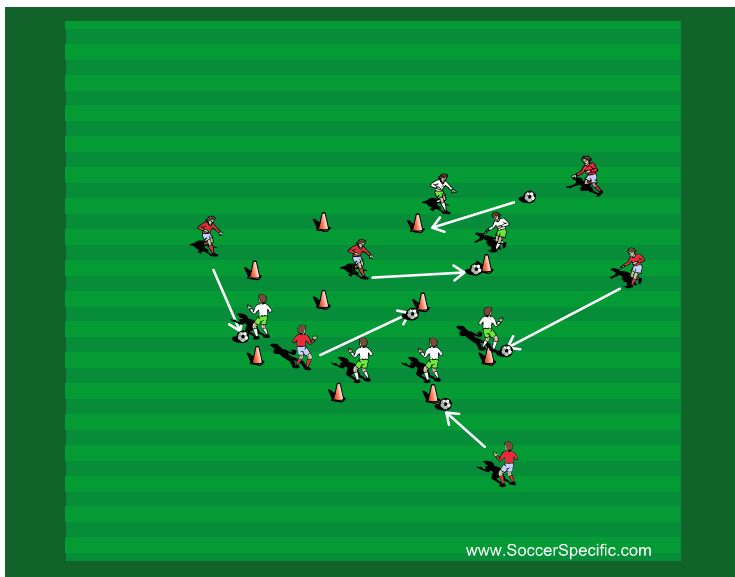


ACTIVITY #1

Set up: 0-20 Minutes. Set up 5 gates (3 yards apart) in a 40 yard wide by 40 yard space.

Instructions: Have players grab a partner and ball. One player passes the ball through the gates to his/her partner then partners change roles with the partner receiving the ball. Play two minute rounds-partners get 1 point each time they successfully pass the ball through the gate. Team with the highest score after the round wins. Variation-have to pass the ball through the gate twice before point counts, alternate before dribbling and passing the ball through the gates, play a wall pass (pass the ball through the gates, player who passed the ball runs around the cone and partner passes the ball back to his/her partner one touch).

Coaching Points: 1) Toe Up heal down
2) Move after you pass
3) Lift your head up to see partners run

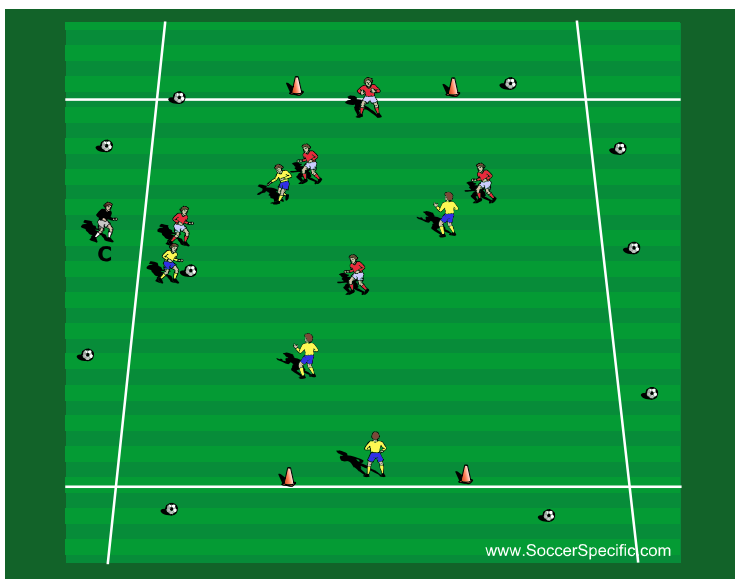


ACTIVITY #2

Set up: 20-40 Minutes. Place 10 tall cones as shown above.

Instructions: Divide players up into two teams (one with pennies and one team without). One team tries to pass the ball and knock over the cones and the other team tries to prevent them from knocking over the cones. Team on defense can't contend but have to be moving. Defense can kick balls away but can't keep ball in their possession. After 1 minute round pick up the cones and switch team on offense and defense. Team that knocks over the most cones the quickest wins!!!

Coaching Points: 1) Toe up Heal down
2) Follow through to keep the ball low
3) Strike the Center of 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 to pass to a teammate
2) Toe up heal down when passing, no toe blows
3) Communicate-help out your teammate. Tell them your open