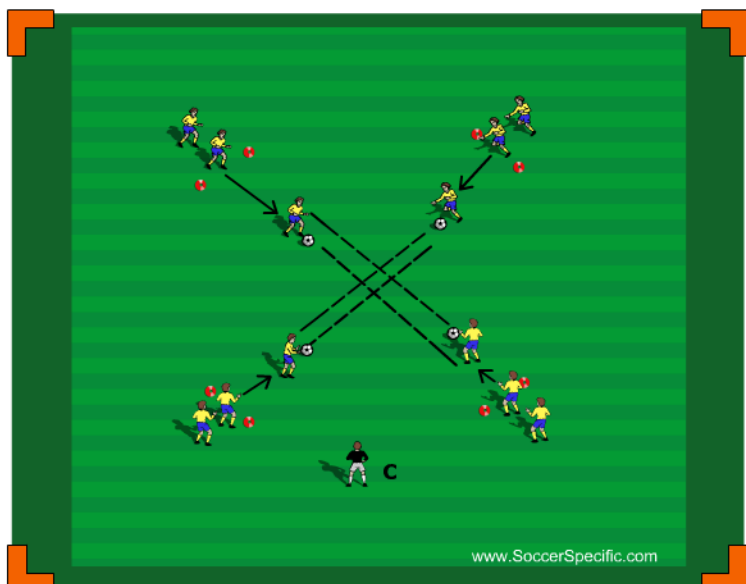


ACTIVITY #1

Set up: Set up 4 corners of gates about 20 yards as shown and sort players to gates in even numbers with one ball per gate.

Instructions: With one ball per gate the first player in each corner will all dribble at the same time on the command of the coach to the other side. When they dribble and get to the other side the next player in line will take ball over and dribble to the other side and repeat the process.

Coaching Points: Focus on players keeping their head up and keep control of the ball as they dribble. What surface of the foot do they use when they dribble for speed.

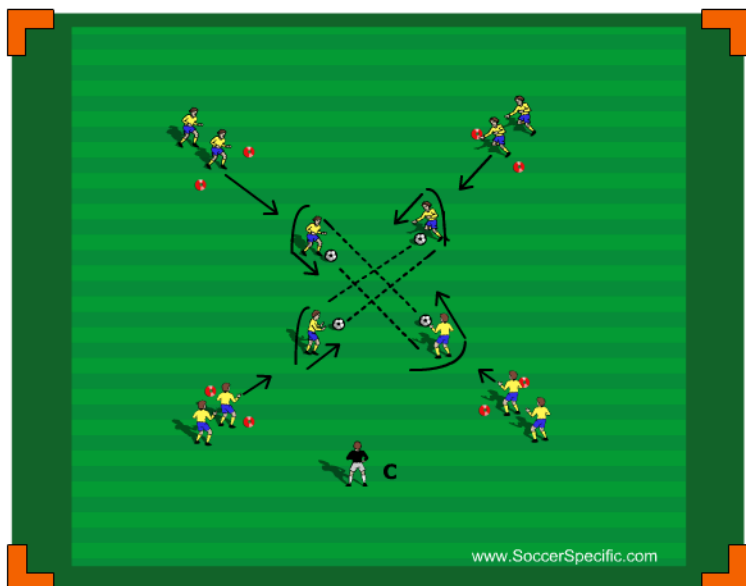


ACTIVITY #2

Set up: Set up 4 corners of gates about 20 yards as shown and sort players to gates in even numbers with one ball per gate.

Instructions: With one ball per gate the first player in each corner will all dribble at the same time on the command of the coach to the other side. When they dribble they will go around the player to the left at first and then to the right and get to the other side the next player in line will take ball over and dribble and repeat the process.

Coaching Points: Focus on players keeping their head up and keep control of the ball as they dribble. What surface of the foot do they use when they dribble for speed.

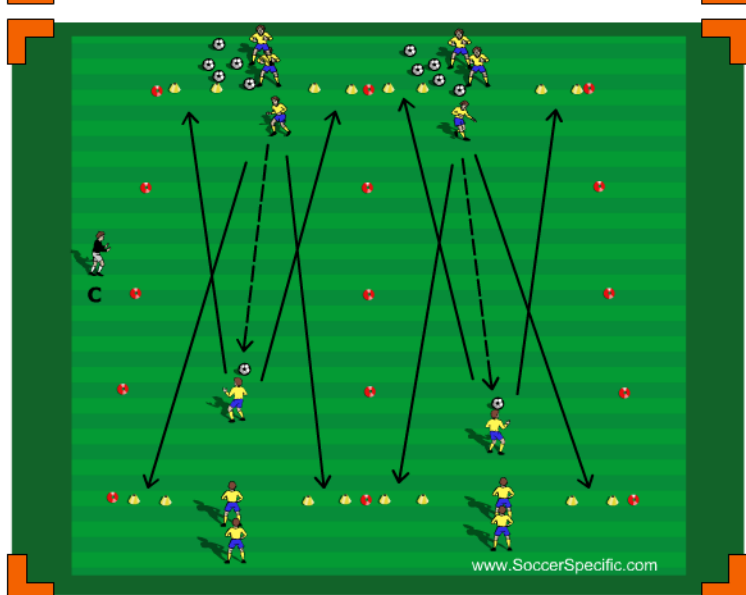


ACTIVITY #3

Set up: Set up 2 grids and two small goals on each end and divide players up on each end with soccer balls on one side.

Instructions: Players will play 1 versus 1 and one side will pass the ball to the other and when player gets ball will dribble through one of the goals across from them. If the opposing player wins the ball they can also dribble through a goal on the other side. Players will switch sides after someone has scored or ball has gone out of bounds. Next player in line will pass the ball when play is over to keep the game going.

Coaching Points: Players should look up once have ball under control and quickly dribble towards player and set up the defender and make a move and penetrate into space. Change of direction and speed as well as the contact surface of the foot.

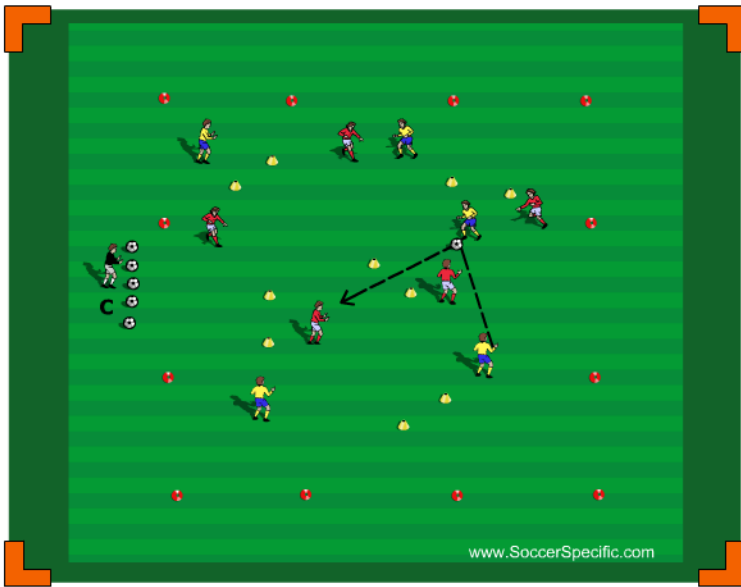


ACTIVITY #4

Set up: Set up a big enough grid to play 5 v 5 or 6 v 6 with 4 - 6 mini goals in a different color cone. Sort players out in two different teams.

Instructions: Players will play possession in the grid and will get points when a player dribbles through a gate. If the opposing team wins the ball they will possess and look for their opportunity to dribble through a gate. If the game goes outside the grid the coach will quickly provide another ball to keep the game going for more.

Coaching Points: Does the player who has control of the ball pass or take advantage of space. Need to protect the ball and have good vision and field awareness and penetrate at every opportunity.



ACTIVITY #5

Set up: Set up for the final game.

Instructions: Players will play freely with no restrictions.

Coaching Points: Look for moment when player had space and did not penetrate on a 1 v 1 or when a player loses the ball without keeping control and shielding.

