

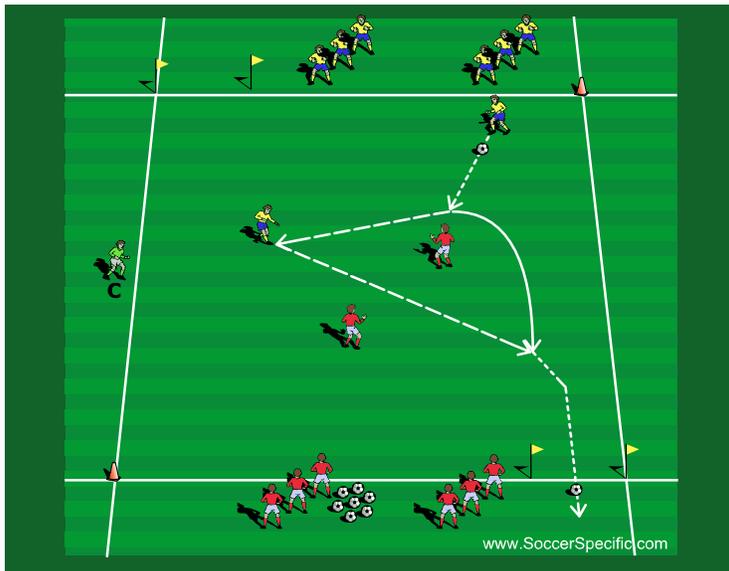


ACTIVITY #1

Set up: Open space or define area if needed (i.e., 20 x 30). All players begin with a ball and focus on ball mastery and technical dribbling skills.

Instructions: Keep it innovative, demanding and realistic. Add disc cones as passive opposition and dribbling targets. Expand the demands on the players, for example: right foot only, left foot only, stopping and turning, inside foot, outside foot, etc.

Coaching Points: Body mechanics and general technique; body shape, agility and balance; contact surfaces of the foot; change of direction and speed.

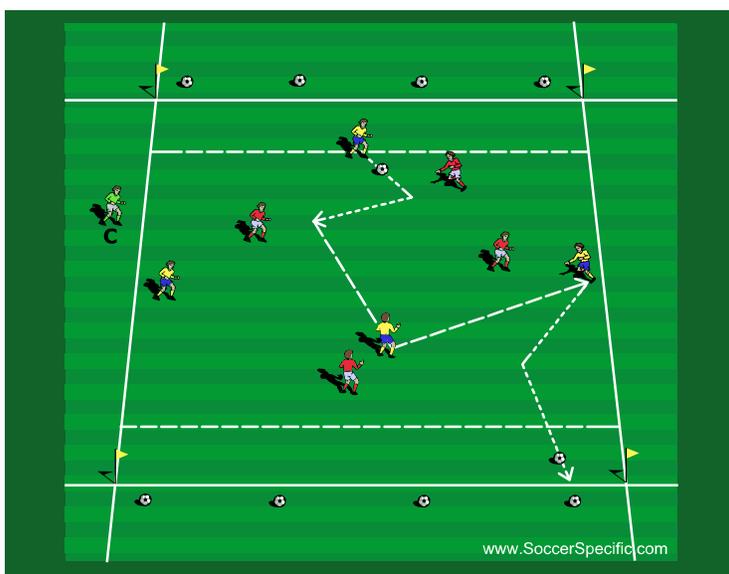


ACTIVITY #2

Set up: 15 x 20 area or as needed. Create two counter goals in opposite corners using cones or corner flags as shown. Divide team in half, one team begins as defenders (red) and the other team attacking (yellow). Be sure to have plenty of balls available to keep the exercise moving.

Instructions: Progression is 1 v 1, 2 v 1 and then 2 v 2 as shown. Play begins with the defending team serving a ball across the area to the attacking team (on the ground or in the air). Play is continuous until someone scores or the ball is out of bounds. 2 points are awarded to the attacking team for dribbling through the goal, 1 point for dribbling across the end-line (possession must be maintained). The defending team is awarded 2 points to play a pass through their goal or 1 point to dribble across their endline. Play 10 balls or for time and then switch roles.

Coaching Points: Role of the 1st and 2nd attacker; deception and disguise; protecting the ball, setting up the defender; attacking speed of play.



ACTIVITY #3

Set up: 30 x 40 area or as needed with two end-zone channels. Divide players equally and begin with 3 v 3 and then to 4 v 4 as shown. If there is an odd number of players, use one player as a neutral player in the middle, the neutral player plays for the team in possession of the ball.

Instructions: End-zone soccer. The team in possession scores by penetrating (by dribbling) across the opponent's end-zone while maintaining possession of the ball. Once a team has successfully penetrated the opponent's end-zone, they immediately transition and attack the opposite end-zone. Play for points or time and rotate players accordingly.

Coaching Points: Angles, distance and timing of supporting players; awareness of space and time; speed of thought, play and general decision making; verbal and visual communication; aggressive attacking mentality.



ACTIVITY #4

Set up: Modified half field 44 x 60 or as needed. 8 v 8 (includes goalkeepers). Organize teams in a 1:2:3:2 v. 1:3:3:1.

Instructions: Final game, no restrictions.

Coaching Points: Correct shape and balance of the team; tactical implications of technique and decision making; creativity and instinctive play; encourage attacking soccer and taking players on; all of the above.



ACTIVITY #5

Set up: Cool down. 20 x 30 area or as needed. Create 3 lines with players equally distributed in each line as shown.

Instructions: Designate a "Team Captain" for the cool down exercises. Players begin by jogging back and forth between the cones. Players progress by performing various dynamic exercises, flexibility movements to include, but aren't limited to: skipping, lunge walks, squats, toe touches, leg swings, side-stepping, grapevine, gate (groin) movements, knee hugs, heel kicks, etc. Reduce heart-rate. Final stretch.

Coaching Points: Reinforce the objective of the session: dribbling; review session; remind players of upcoming training, games or events.