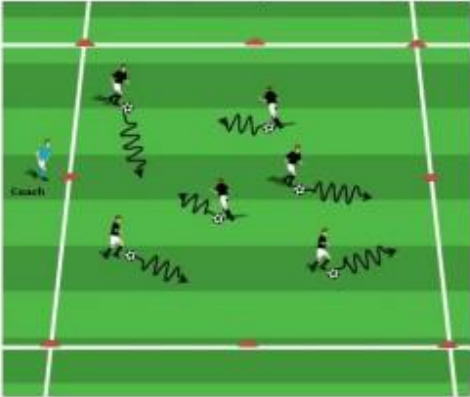

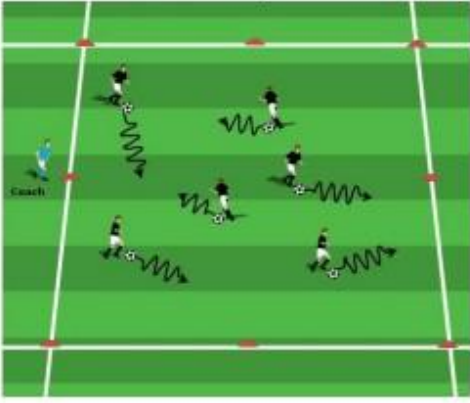


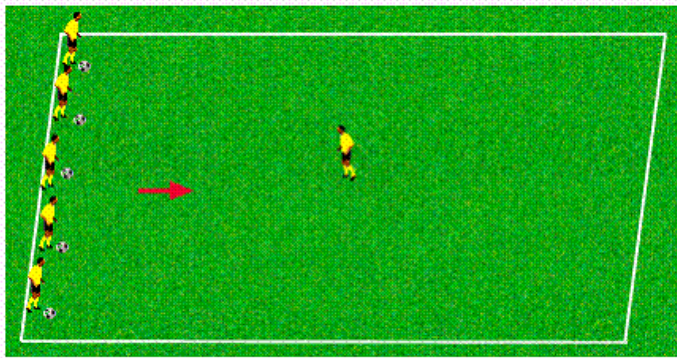
Warm-Up	Organization
<p><b>Warm-Up &amp; Dribbling Moves</b></p> <ul style="list-style-type: none"> <li>• Players in confined area do following dribbling every 3 or 4 touches</li> <li>• Show moves one at a time with review of surface of foot used to change direction               <ol style="list-style-type: none"> <li>1. <b>Cutter</b> – inside of foot</li> <li>2. <b>Chopper</b> – outside of foot</li> <li>3. <b>Dragster</b> – pull back with sole of foot and go other way</li> </ol> </li> </ul> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. How quickly can you do the move?</li> <li>2. Can you change speed after you do the move?</li> </ol>	<p>24x24 yards</p> 

Skill Game 1	Organization
<p><b>Treasure Hunt</b></p> <ul style="list-style-type: none"> <li>• Some players start as the “Pirates” without a ball (approx 1/3 of group)</li> <li>• Remaining players dribbling ball in the space</li> <li>• Pirates try to steal another player’s treasure (the ball)</li> <li>• If you lose your ball you become a Pirate and try to get another ball</li> </ul> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. Players use moves change of direction, and change of speed to get away from the Pirates</li> </ol>	<p>24x24 yards</p> 

## Week #2

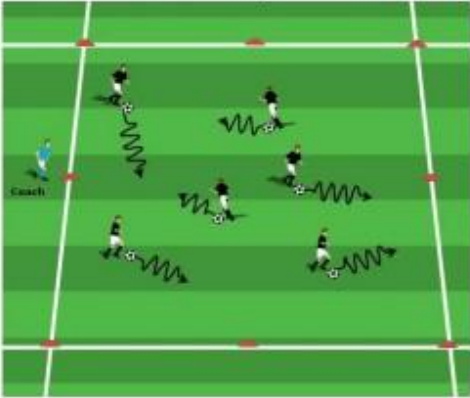
Warm-Up	Organization
<p><b>Warm-Up &amp; Dribbling Moves</b></p> <ul style="list-style-type: none"> <li>• Players in confined area do following dribbling every 3 or 4 touches</li> <li>• Show moves one at a time with review of surface of foot used to change direction               <ol style="list-style-type: none"> <li>1. <b>Cutter</b> – inside of foot</li> <li>2. <b>Chopper</b> – outside of foot</li> <li>3. <b>Dragster</b> – pull back with sole of foot and go other way</li> </ol> </li> </ul> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. How quickly can you do the move?</li> <li>2. Can you change speed after you do the move?</li> </ol>	<p>24x24 yards</p> 

## Sharks and Minnows

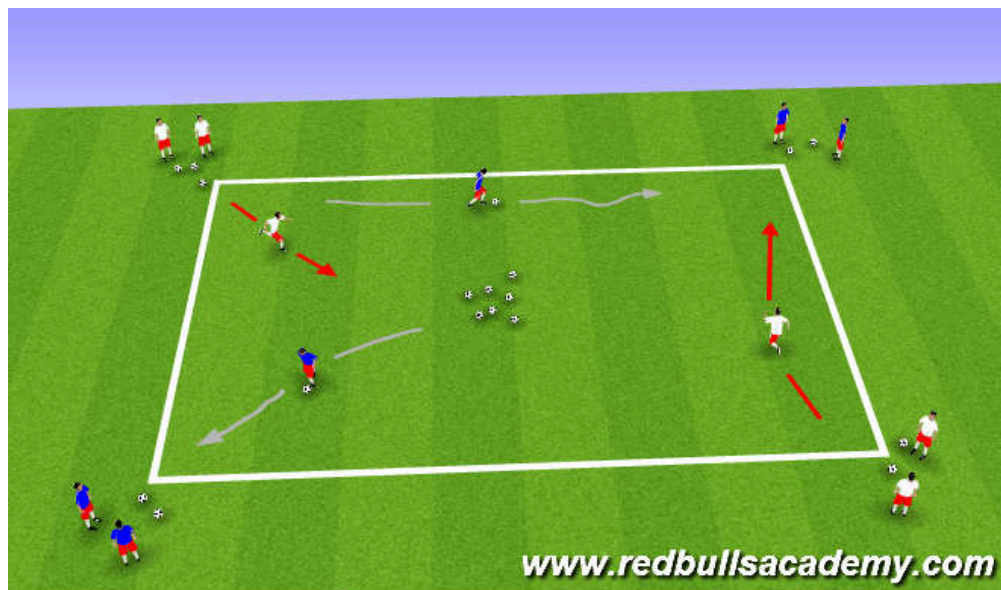


- Play in a large grid.
- Half the players have balls and are the minnows. The rest don't have a ball and are the sharks. I would select 2 or 3 Players to start.
- The Minnows start at one end of the grid. The Sharks stand on the opposite line.
- The Minnows must try to cross the Shark's line without losing possession of their ball.
- The Sharks defend their line, trying to kick the Minnows' balls out of the defined area.
- Minnows who successfully dribble across the Shark's line go back for round two.
- Each Minnow who loses their ball join the Sharks. The last Minnow left in is the winner.


## Week #3


Warm-Up	Organization
<p><b>Warm-Up &amp; Dribbling Moves</b></p> <ul style="list-style-type: none"><li>• Players in confined area do following dribbling every 3 or 4 touches</li><li>• Show moves one at a time with review of surface of foot used to change direction<ol style="list-style-type: none"><li>1. <b>Cutter</b> – inside of foot</li><li>2. <b>Chopper</b> – outside of foot</li><li>3. <b>Dragster</b> – pull back with sole of foot and go other way</li></ol></li></ul> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"><li>1. How quickly can you do the move?</li><li>2. Can you change speed after you do the move?</li></ol>	<p>24x24 yards</p> 

## Eggs in a Nest





- 1.- All the eggs (balls) are centrally located in the nest (center of the area).
- 2.- The chicks (players) take turns to go to the nest and get one egg at the time
- 3.- The game finishes when all eggs has have been taken from the nest and the team with the most eggs wins

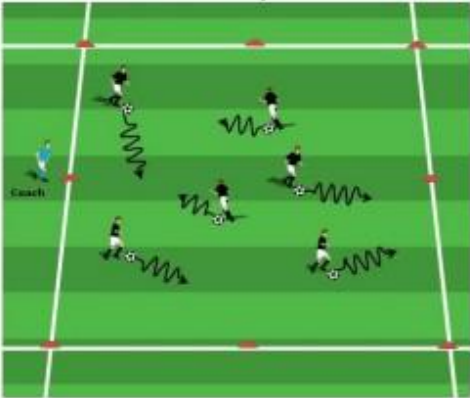
Warm-Up	Organization
<p><b>Warm-Up &amp; Dribbling Moves</b></p> <ul style="list-style-type: none"> <li>• Players in confined area do following dribbling every 3 or 4 touches</li> <li>• Show moves one at a time with review of surface of foot used to change direction               <ol style="list-style-type: none"> <li>1. <b>Cutter</b> – inside of foot</li> <li>2. <b>Chopper</b> – outside of foot</li> <li>3. <b>Dragster</b> – pull back with sole of foot and go other way</li> </ol> </li> </ul> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. How quickly can you do the move?</li> <li>2. Can you change speed after you do the move?</li> </ol>	<p>24x24 yards</p> 

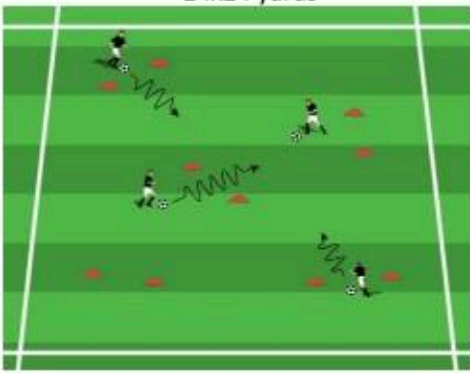
Skill Game 1	Organization
<p><b>1v1 Game (Dribbling &amp; Shooting)</b></p> <ul style="list-style-type: none"> <li>• Players split up to 2 starting positions</li> <li>• No Goalkeeper's</li> <li>• Coach has all soccer balls in middle and serves soccer ball into the field</li> <li>• 1 player from each team challenges for the ball and tries to score in <u>either</u> goal</li> <li>• Each goal = 1 point</li> <li>• First team to certain number of goals wins</li> </ul> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. Use moves to change direction, and change speed to create space for a shot on goal</li> </ol>	<p>24x24 yards</p> 



Warm-Up	Organization
<p><b>Warm-Up &amp; Dribbling Moves</b></p> <ul style="list-style-type: none"> <li>• Players in confined area do following dribbling every 3 or 4 touches</li> <li>• Show moves one at a time with review of surface of foot used to change direction               <ol style="list-style-type: none"> <li>1. <b>Cutter</b> – inside of foot</li> <li>2. <b>Chopper</b> – outside of foot</li> <li>3. <b>Dragster</b> – pull back with sole of foot and go other way</li> </ol> </li> </ul> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. How quickly can you do the move?</li> <li>2. Can you change speed after you do the move?</li> </ol>	<p>24x24 yards</p> 

Skill Game 2	Organization
<p><b>2v2 Game (Dribbling &amp; Shooting)</b></p> <ul style="list-style-type: none"> <li>• Same as previous Skill Game 1 except 2 players from each team challenges for the ball and try to score in either goal (2v2)</li> </ul> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. Can you trick the defenders with moves and create space for a shot on goal?</li> <li>2. What do you do if you have the ball and both defenders come near you?</li> <li>3. Can you use your teammate to help you score?</li> </ol>	<p>24x24 yards</p> 

Warm-Up	Organization
<p><b>Warm-Up &amp; Dribbling Moves</b></p> <ul style="list-style-type: none"> <li>• Players in confined area do following dribbling every 3 or 4 touches</li> <li>• Show moves one at a time with review of surface of foot used to change direction               <ol style="list-style-type: none"> <li>1. <b>Cutter</b> – inside of foot</li> <li>2. <b>Chopper</b> – outside of foot</li> <li>3. <b>Dragster</b> – pull back with sole of foot and go other way</li> </ol> </li> </ul> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. How quickly can you do the move?</li> <li>2. Can you change speed after you do the move?</li> </ol>	<p>24x24 yards</p>  <p>The diagram shows a 24x24 yard rectangular field. A coach is positioned on the left side. Several players are scattered across the field, each performing a different dribbling move indicated by a wavy arrow. The field is marked with white lines and red cones at the corners and midpoints of the sides.</p>

Warm-Up	Organization
<p><b>Dribbling Gates</b></p> <ul style="list-style-type: none"> <li>• Each player with ball</li> <li>• Players dribble through gates</li> <li>• Can't dribble thru same gate 2x in row</li> <li>• Count number of gates in set time               <ul style="list-style-type: none"> <li>○ Make it a competition</li> </ul> </li> </ul> <p><b>Progressions</b></p> <ol style="list-style-type: none"> <li>1. Strong foot ("good" or "better" foot)</li> <li>2. Weak foot ("other foot")</li> <li>3. Through gate then quick turn and back through using change of direction move               <ol style="list-style-type: none"> <li>a. Cut (inside of foot)</li> <li>b. Chop (outside of foot)</li> <li>c. Drag (bottom of foot)</li> <li>d. Sole turn (like the "cut" but use the bottom of the foot instead)</li> </ol> </li> <li>4. Add defender(s) to tag balls</li> </ol>	<p>24x24 yards</p>  <p>The diagram shows a 24x24 yard rectangular field. Several players are positioned across the field, each dribbling a ball through a 'gate' formed by two red cones. Wavy arrows indicate the path of the ball through the gates. The field is marked with white lines and red cones at the corners and midpoints of the sides.</p>