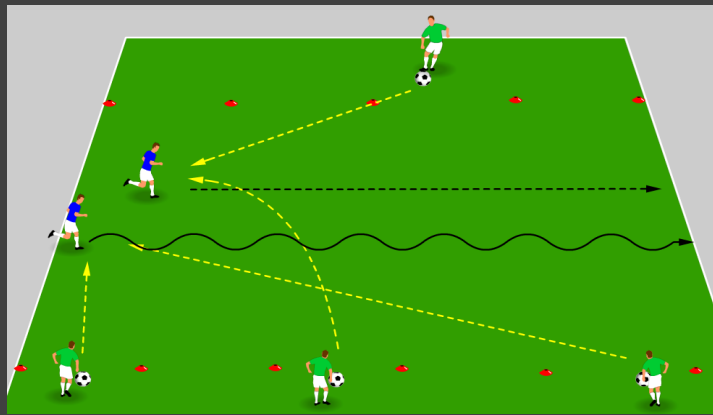


WARM-UP GAME: STAR WARS

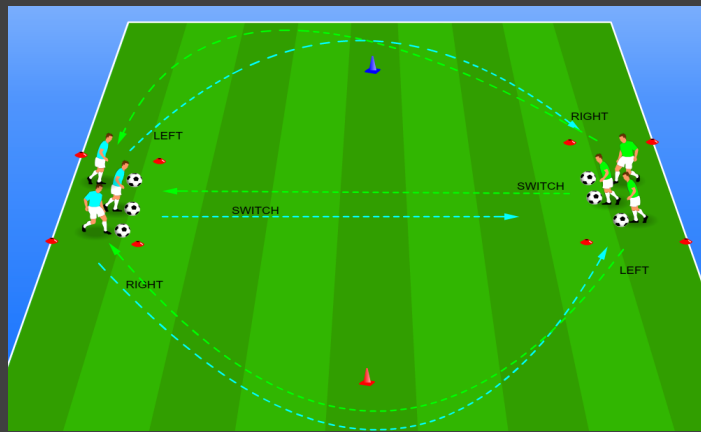


SETUP: Make a grid that is 30yds long X 15 yards wide.

DRILL INSTRUCTIONS: Coaches start on the sidelines with a ball (they are the “dark side”). Players attempt to run from one end-line to the opposite end-line. As the players run, the dark side kicks balls and tries to hit the runners below their knee. If a player is hit, they join the “dark side.” Players try to avoid being hit (they can dodge, jump, etc.). When the players reach an end line they pause, while the dark side collects their balls for the second round. The game goes until there is only one runner left (everybody else is the dark side). You can play multiple times

COACHING POINTS: Pass on the ground with the inside of the foot. Passes should roll, be firm, and be accurate. Try to pass to the space in front of the runners so it hits them where they are going to be

SKILL TRAINING ACTIVITY: RIGHT-LEFT-SWITCH RACE



SETUP: Two teams, each in their own 4x4 yard grid. 2 tall cones as pictured between the two grids. Every player with a ball

DRILL INSTRUCTIONS: On the coaches command, the two teams race by speed dribbling to get to the other team’s square first. The coach has three commands: Switch, Right, or Left. Switch = go straight across thru the middle to change squares, Right = go around the cone to your right before changing squares, Left = go around the cone to the left before changing squares

COACHING POINTS: Make sure the kids understand where they are supposed to go – tell them the direction, have them point where they are supposed to go (make sure it is right), and then say GO! Players should be speed dribbling with the outside of their laces, pushing the ball to space as they sprint. Under control, but fast!

FUNCTIONAL GAME: STEAL THE BACON



SETUP: Two Teams. Balls w/ Coach. Two coned goals 10-15 yards apart. Each team is in a line next to the coach.

DRILL INSTRUCTIONS: First player in each line on the coaches command sprints through their goal and into the field. The coach passes a ball to one of the two players, and they go 1v1 against each other. Round is over when a player dribbles thru a set of cones. **PROGRESSION:1.** Players can dribble thru either set of cones (can use the pull turn to change directions) **2.** Players can only dribble thru their opponent’s set of cones **3.** Coach can call 2 or even 3 players to play from each team, making it a 2v2 or 3v3. If the game is lasting too long or the ball goes out of bounds, then the round is also over.

COACHING POINTS: Set up the defender to believe you are going to continue on in one direction, and use the pull turn to escape their pressure. Don’t do the pull turn with the defender behind you – encourage the players to learn on their own how to set up the direction change move.