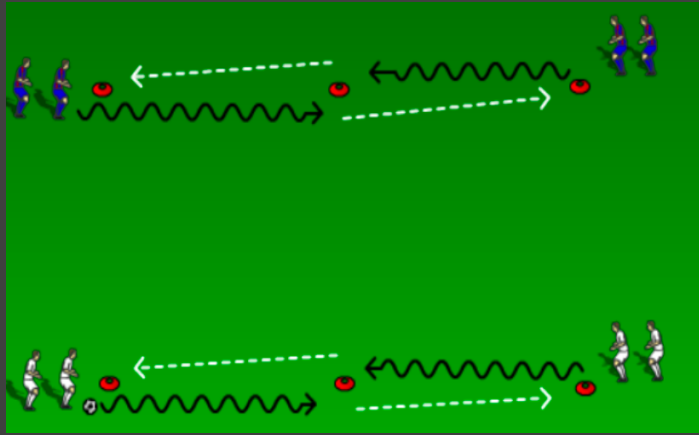


**WARM-UP GAME: PASSING OFF THE DRIBBLE**



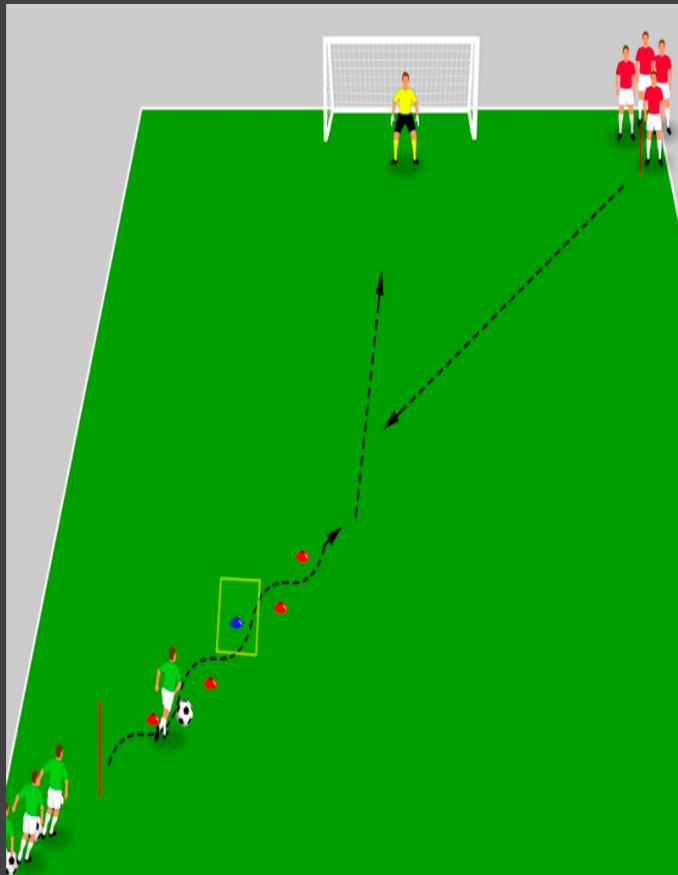
**SETUP:** Place 3 cones 5-10 yards apart. Split into even groups to form 2 or more lines. One ball per line.

**DRILL INSTRUCTIONS:** First player in line with the ball dribbles along right side to middle cone. At the middle cone they pass the ball to teammate at the opposite line then follow their pass and find a spot at the end of the opposite line. Then next player runs the same routine back.

Progression 1) use different parts of the foot to dribble 2) make it a competition 3) pass with weak foot

**COACHING POINTS:** Passes should be made with the inside of the foot, and the passes should be on the ground, firm, and accurate. Pass and Move - follow your pass and move

**SKILL TRAINING ACTIVITY: SLALOM THE CONES**



**SETUP:** Split teams up evenly. 1 group stands near the goal (defense) and the other group stands at the starting cone (offense).

**DRILL INSTRUCTIONS:** 1 cone 10 yards to the side of goalpost for defense team, 1 cone 30 yards away from center of goal for the offense team. 5 cones spaced equally apart for dribbling; the middle cone needs to be a different color, so defense team knows when they go.

**SUGGESTION – PLAY THIS DRILL WITH NO GOALIE**

**GAME SEQUENCE**

1. First player in line dribbles/slaloms around the cones
2. Defender runs out to engage attacker once the different color cone is reached
3. 1v1 battle – attackers can shoot when they have an opening. Defender looks to force play to the outside
4. Once the shot has been taken or defender clears the ball to the outside, then the next players go

**COACHING POINTS:** Dribble with speed and urgency towards goal if you are attacking. Defense should engage the attacker as quickly as possible and force the ball/player to the outside.

Big defensive ideas: **1.** Stay between the attacker and goal. **2.** DELAY, be patient and attempt to slow the attacker down, so help defenders can assist. **3.** Angle your feet to force the attacker out of the middle, onto their weak foot, or to a help defender. **4.** Get attackers head down so they lose vision