

WEEK 3 - VERSION 1

Exercise/Notes	Description	Diagram	Coaching Points
<p>5 Color Dribbling</p> <p>Every player with a ball</p> <p>Place 5 colors (or objects – like a hat, clip board, etc.) spread out on the field</p>	<ul style="list-style-type: none"> • Player's dribble to the color the coach calls out • Tight/Congested traffic so players must protect their ball • Players need to keep their head up to see the new color <p>Progression: Create 5 levels – Each level is a harder challenge and should last 25-35 seconds, followed by a rest. 1) Insides only – go slow, try to take lots of touches 2) Right foot only 3) Left foot only 4) Sole only 5) "Musical Chairs" – the colors change very fast, can use any foot surface, but get to the new color fast</p>		<p>+Don't kick and chase the ball, have the ball under control at all times</p> <p>+When using a surface that is difficult (i.e. your left foot or sole), use the front portions of your foot that have extra sensitivity</p>
<p>Combination Play To Goal</p> <p>Set up drill as pictured</p> <p>All balls with Player 1 Cone</p>	<p>Series 1: Player 1 passes to Player 2, Player 2 lays the ball off to Player 3, Player 3 plays the ball into space for Player 1 to shoot on goal. Player 1 must move to space.</p> <p>Series 2: Player 1 passes to Player 2, Player 2 passes to Player 3, Player 3 passes to Player 1, Player 1 passes into space for Player 3 to shoot on goal. Player 3 moves.</p> <p>Start with every player using 2-3 touches, if that is easy, go to 1-2 touch.</p> <p>After the shot players move to next location (Player 1 becomes Player 2, Player 2 becomes Player 3, Player 3 goes to back of line)</p>		<p>+Firm, rolling, accurate passes</p> <p>+Players need to be attentive to know where they move to</p> <p>+Shot with laces (lock ankle, attack the ball, finish forwards, hit the target)</p>
<p>Switch of Play</p> <p>Two teams of 3 or 4 (3v3 or 4v4) w/ 2 end-line players</p> <p>30ydsX30yds grid</p>	<p>Two teams play a 3-4 minute game. A team receives a point when they are able to pass the ball from one end-line player to the other end-line player. End-line players can't pass to each other, they must pass to the team that gives them the ball. Only get a point if you are able to go from one end-line player to the other w/o the other team touching the ball (breaking up the play). End-line players are free to move along the end-line but have only 2 touches.</p> <p>Progression: Can require 2 or all 3 players on the team to touch the ball before relaying the ball from one end-line player to the other</p>		<p>+Switch the point of attack quickly</p> <p>+Communication between teammates</p> <p>+Defensively trying to cut off the switch passing lane</p>