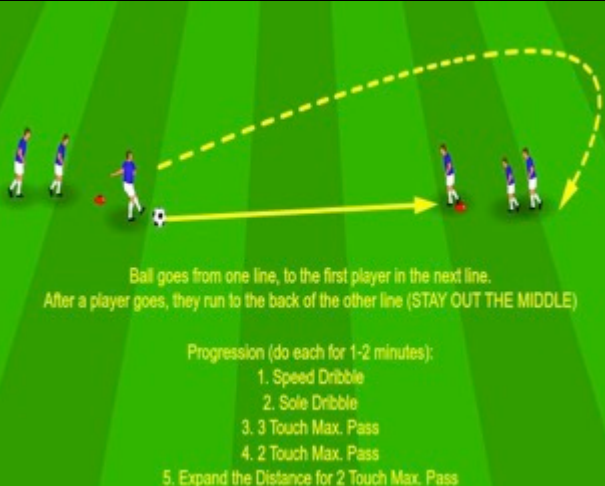
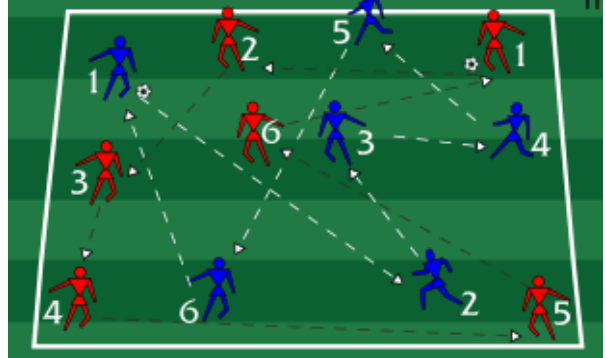



WEEK 6 - VERSION 1

Exercise/Notes	Description	Diagram	Coaching Points
<p>Shuttle Drill</p> <p>Groups of 5 or 6, one ball</p> <p>Two cones placed 15 yards apart (½ players behind each cone)</p>	<p>1st player in line with the ball does the skill to the player in the other line, after this player goes, they go to the back of the other line. For example the first exercise is speed dribbling, 1st player speed dribbles the ball to the first player in the other line and goes to the back of that line, player that was speed dribbled to then dribbles back to the new first player at the starting cone – continuous shuttle</p> <p><u>Progression:</u> 1) Speed Dribble 2) Sole Dribble/Walk The Dog 3) 3 Touch Max Pass 4) 2 Touch Max Pass 5) 2 Touch Max Pass Expanded Distance</p> <p>If you have two groups doing this drill, after letting them practice the specific progression skill for a bit, make it a competition – see what group can get 15 players thru the skill the fastest</p>		<p>+This warm-up drill is designed to get both your body ready to play, and your technique sharp</p> <p>+Good warm-ups lead to productive practices, preach to your players the importance of using practice to prepare for the games</p>
<p>Numbers</p> <p>Players in groups of 4 to 5 players</p> <p>40ydx40yd grid</p>	<p>Players number themselves 1 thru 5 in their group. There will be 2 (maybe 3) groups mixed up in the same grid space. The groups must complete passes to the next player in their sequence (1 passes to 2, 2 passes to 3...)</p> <p>Progression: 1) Passes must be 10+ yards in distance 2) All dribbling and passing must be with the weak foot 3) Two touch maximum between each player in the sequence</p> <p>You can make this a competition by seeing which group is able to go thru the entire sequence 5 times first</p>		<p>+ Don't let the ball ever stop rolling</p> <p>+ Players need to know who they are receiving the ball from and who they are passing the ball to</p> <p>+ Players need to communicate and show for the pass</p>
<p>2V1 To Goal</p> <p>3 lines as pictured – all the balls with the coach</p> <p>One cone by goal – two cones 20 yards from goal</p>	<ul style="list-style-type: none"> • Start as 2v0 (no defender) for the first 3 minutes, players must make 2 passes before scoring • Same as 2v1, with the addition of a defender • Can add a goalie too if needed • Players return to their lines after each ball – coach rotates the lines clockwise every 3 minutes • Passing is highly encouraged • If defender wins the ball, they pass it back to the coach 		<p>+ Stay spread out – when a defender is added, if players do not spread out then it's easy to defend them + If the pass is covered, dribble + If the defender is in front of you, pass + Attacker without the ball needs to work to get in a good supporting position</p>