


Exercise/Notes	Description	Diagram	Coaching Points
<p>First There</p> <p>Players in two lines at corners of the 6 yard box</p> <p>1 ball per player, GK in net</p> <p>1 cone placed 30 yards away from each starting cone, 1 cone between these two cones</p>	<p>Coach says "GO!" then the first player in each line speed dribbles 30 yards around the first cone</p> <p>Once around the first cone, they race to get to center cone – first player to center cone keeps their ball and goes on offense, 2nd player to get to center cone leaves their ball and becomes the defender</p> <p>1v1 to goal, whoever scores gets a point for their team. First to 5 points wins</p> <p>Can make it a 2v2, if you do a 2v2, each pair has a ball and they must go around their cone and then get to center cone completing 5 passes</p>		<p>+Speed dribble with outside of the laces</p> <p>+Mistakes are ok, try to go at a speed just outside your comfort zone</p> <p>+ Defenders (eye on ball, 4-6 feet of space, stagger feet stance)</p>
<p>Four Goal Game</p> <p>Four goals centered on each side of the field</p> <p>3 Teams in the corners of field</p> <p>All balls with coach in the 4th corner</p>	<p>Coach says "GO!" and passes a ball into the middle of the field, the first player from each line battles for the ball</p> <p>Round #1 – Whoever gets the ball can score in either of the four goals, players try to steal the ball</p> <p>Round #2 – Players must do a turn prior to scoring (review the pull turn, Cruyff, and pull push)</p> <p>Round #3 – Call out 2 colors/2 players (so it is a 2v2) and require one pass is mandatory</p>		<p>+ Identify space and dribble into it</p> <p>+When using turns, make sure to set up the defender to think you are going to go the opposite direction</p> <p>**If you don't have small goals, you can use cones for goals**</p>
<p>Possession w/ Neutrals</p> <p>Divide team in half, select 2-3 players to be neutrals (these should be your more skillful players)</p> <p>30ydX30yd grid</p>	<p>Possession – the objective is to keep the ball and not let the other team get it</p> <p>Select a few players to be neutrals (all time offense players). In this example it is 4v4 with 2 neutrals, so the team in possession is 6v4</p> <p>Round #1 – Just work on spacing, try to make the field as big as possible by spreading out, especially when team is in control of the ball</p> <p>Round #2 – Every 5 consecutive passes is a point, play to 5</p> <p>Round #3 – Play 3 touch max, this will encourage players to pass more and dribble less</p>		<p>+The team in possession should spread out and use the entire space – have players put their heels on the lines</p> <p>+Possession team should look to play quickly and not over dribble</p> <p>+ Communication is key to let players know who to and where to pass</p>