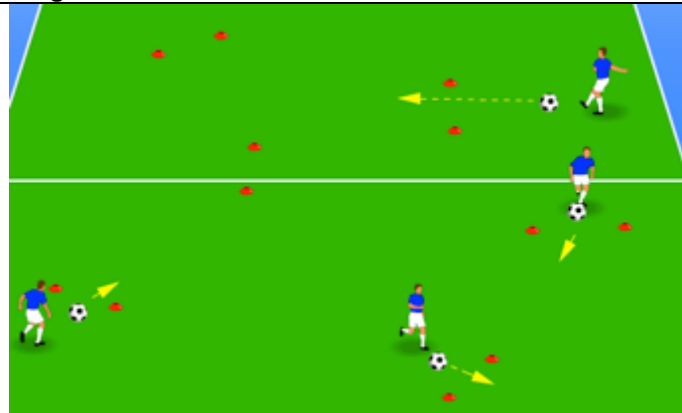




| Exercise/Notes | Description | Diagram | Coaching Points |
|--|--|---|---|
| <p>Gate Dribbling</p> <p>All players have a ball</p> <p>Two cone gates spread throughout the field (more gates than players)</p> | <p>This is a dribbling warm-up exercise. Go about 40 seconds with each progression followed by 20 sec. rest</p> <p>Progressions:</p> <ol style="list-style-type: none"> 1. Dribble thru as many gates as possible 2. Right foot only 3. Left foot only 4. Insides only (alternate Right/Left foot) 5. Speed dribbling <p>Have players pair up with one ball</p> <ol style="list-style-type: none"> 6. Each pass thru gate is a point (partners) 7. 1v1 game, each gate is a point (opponents) |  | <ul style="list-style-type: none"> + Head up, knees bent, ball close, arms out + Passes should be firm, rolling, and accurate + When playing 1v1 against at partner, use turns to wrong foot defender and change directions |
| <p>1 Ball then 3 Ball Keep away</p> <p>Two teams</p> <p>Half the game field for space</p> <p>Three balls in play</p> | <p>Divide the team in half -- it is a game of "possession," see which team keeps the ball the most. You can keep score by counting passes. Start with one ball, work on the basic principles of possession (spreading out, passing to open players, good technique)</p> <p>Round 2: Add three balls, play for a set period of time, when you stop play whichever team has possession of the most balls wins (one team will have 2 balls or more). Play a few rounds.</p> |  | <ul style="list-style-type: none"> + Build on the spreading out and communicating worked on in week 1 + When you go to 3 balls, emphasis constant movement, and a balance of dribbling and passing |
| <p>Offense & Defense</p> <p>Divide team in half, goalkeeper in net</p> <p>Teams line up (each player w/ a ball) at cones 35 yards from goal</p> <p>Use the penalty box, plus 10 yards for space</p> | <p>One player in green starts the game - they dribble without any defender and attempt to score. Immediately after the green player shoots, the red player goes and tries to score. The green player that just shot becomes the defender. After the red player goes, a new green player goes and the red player who was just on offense is now the defender. The rotation is: 1. Shoot 2. Defend 3. Get a ball and go to the back of line</p> <p>Attackers leave as soon as the offensive player shoots.</p> <p>If the defender steals the ball, that attack is immediately over and the new offensive player should go.</p> <p>The team that starts the game has an advantage, make that the team that gets organized the fastest.</p> <p>Play games to 10.</p> |  | <ul style="list-style-type: none"> + When on offense go at speed, attack at an angle where the defender is unable to prevent you from shooting + On defense, try to recover by getting in front of the attacker or decreasing their shooting angle to make it easier for the goalie |