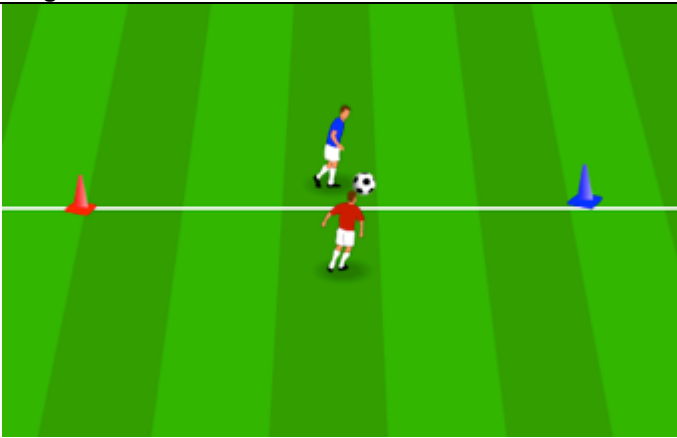

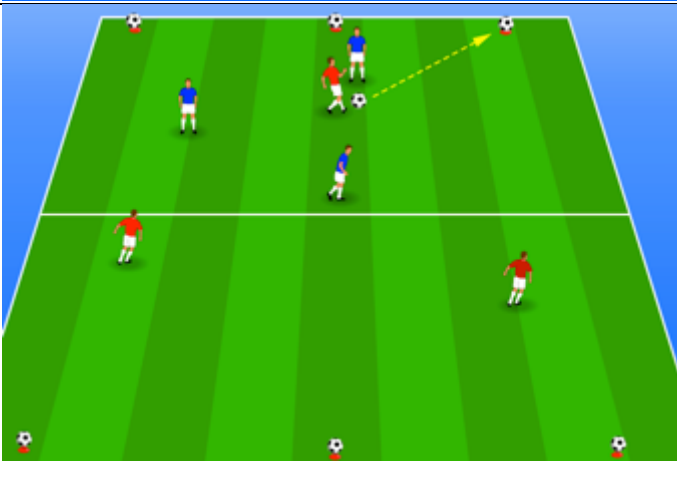


Exercise/Notes	Description	Diagram	Coaching Points
<p><b>Cone 1v1</b></p> <p>Cones spread out 10 yards apart</p> <p>Players in pairs with one ball</p>	<p>Players face each other in between the two cones. There is an imaginary line between the cones, and the players are on opposite sides of the line. One player starts with the ball (the other player has no ball). The player with the ball tries to dribble the ball and stop it on a cone. The defender prevents them from scoring by putting their foot on the cone before they stop the ball.</p> <p>If the attacker loses control, and the ball goes across the imaginary line the defender can steal it. But, the defender cannot cross the imaginary to steal it. Give ball to opponent after points are scored.</p> <p>Play 1 minute games, if you win move up to play a new opponent, if you lose move down</p>		<ul style="list-style-type: none"> <li>+ Control is needed to stay on your side of the imaginary line, stress to players to take small close touches on the ball</li> <li>+When playing 1v1 against a partner, use turns to wrong foot defenders and change directions</li> </ul>
<p><b>Change Goals</b></p> <p>Players in pairs</p> <p>4 small goals on the center of the sidelines *If you don't have small goals you can use cones</p>	<p>Players are with a partner. Two groups come out and play 2v2 soccer.</p> <p>Round 1: Can score in any goal but must make 1 pass            Round 2: Coach will call out what goal (of the 4) that is only goal you are allowed to score on (no pass needed)            Round 3: Coach will call out what goal you need to score on and you must make at least 1 pass before scoring</p> <p>You can make it a competition where each pair is part of a larger team (i.e. red vs. blue) and first color to 10 points wins</p>		<ul style="list-style-type: none"> <li>- Find a way to identify which goal they must score on (if you don't have different colored cones, use objects like a hat or a jacket)</li> <li>- Talk about changing directions quickly and moving off the ball to create a passing angle</li> </ul>
<p><b>Knock It Off</b></p> <p>3 cones on each end-line of the field with soccer balls balanced on the top of the cone</p> <p>Two teams of 3v3 or 4v4, or 3v3 with a neutral player</p>	<p>The goal is to pass the game ball into one of the other team's cones and knock off the ball balanced on top of the cone</p> <p>The team that knock off all the balls from the other team's cones wins.</p> <p>Leave a space behind the cones so that the attacking team can knock off the ball from both the front and back (prevents the defending team from being able to just stand in front of the cone)</p> <p>If the defending team knocks off one of their own balls by running into the cone it counts as a point</p>		<ul style="list-style-type: none"> <li>- Focus on changing the point of attack, if the defense is guarding one cone/ball the attacking team should quickly move the ball to an open cone</li> <li>- Passes should be on the ground, rolling, and firm. An airborne pass will go over the cone target</li> </ul>