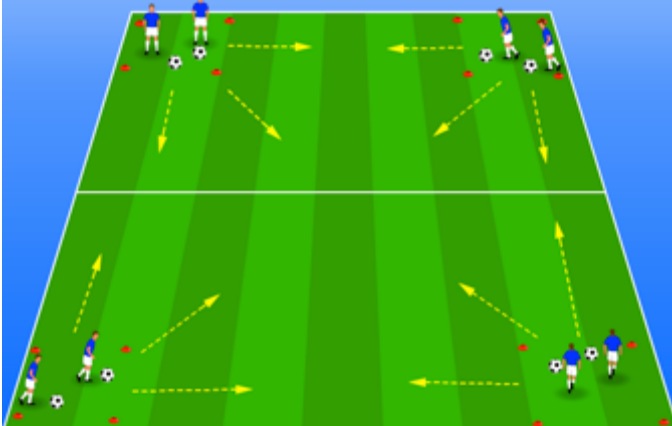
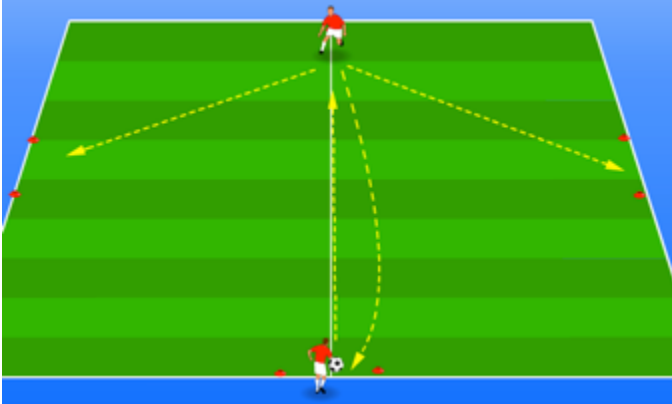



Exercise/Notes	Description	Diagram	Coaching Points
<p>Clock Work</p> <p>Four small cone boxes in the corners of a 20 yd. x 20 yd. grid</p> <p>Players divided equally into four groups in separate corner boxes, each player with a ball</p>	<p>On the coaches' command players race to be the first team to a cone box.</p> <p>Round 1: Coach yells out a single direction (clockwise, counter-clockwise, or criss-cross) then "Go!" All players dribble to the new box, and the first team that gets all their players in the new box with their foot on top of the ball receives a point. First team to 5 points wins.</p> <p>Round 2: Coach can yell out multiple directions. For example "Clock-wise, Clock-wise, Criss-Cross, GO!". Players must pass thru each of the boxes commanded. In this example the players would finish in the same square they started after moving thru all the boxes.</p>		<p>+When speed dribbling it's essential the attacker dribbles with the outside of their laces. This surface provides the most control when going very fast.</p> <p>+The dribbler turns their toes inward and locks their ankle downward.</p>
<p>1 on 1</p> <p>12 yd. X 12 yd. space</p> <p>Three small cone goals 2 yards wide</p> <p>One team at the attacking cone line, one team at the defending cone line w/balls</p>	<p>One player passes a ball out to the player on the opposite side of the field. As soon as the ball receiver (the attacker) touches the ball, the player that passed the ball out (the defender) can attempt to pressure. The attacker tries to dribble thru any of the three cone goals. If the attacker is able to dribble thru either of the lateral goals they receive 1 point. If the attacker is able to go around the defender and thru the far cone goal (where the defender passed the ball from) they receive 2 points.</p> <p>You can play this as a team game. Each player goes once as the defender (passer of the ball), and then they switch to attack. If defender wins the ball or it goes out of bounds, the play is over.</p>		<p>+Quality first touch when then attacker receives the ball</p> <p>+Attacker should look to feint one way and attack the open space goal the other way</p> <p>+Defender should get pressure on the ball but not overcommit</p>
<p>Wide Play</p> <p>Normal game of soccer, except there are wide channels</p> <p>Each wide channel has one neutral player</p> <p>If playing 4v4, shrink the field in length not width</p>	<p>Play 3v3 or 4v4 soccer in the main field with goalkeepers. There is a player in each wide channel that plays for both teams. When the wide player receives the ball they are required to dribble down the wide channel and serve in a cross for the team that passed them the ball. For example, if dark blue passes it to the wide player, the wide player will deliver a cross to the goal dark blue is scoring on.</p> <p>Wide players cannot be guarded and they must stay in the wide channel. Even though there is no defender in the wide channels, encourage the wide players to play at a game speed to make it realistic.</p>		<p>+Stress the cross being able to clear the first defender, and getting the ball in front of the goal</p> <p>+Central players should attempt to get the ball to the wide player quickly and then get into the box</p> <p>+Inside the box look to finish in 1 touch, don't try to control the ball</p>