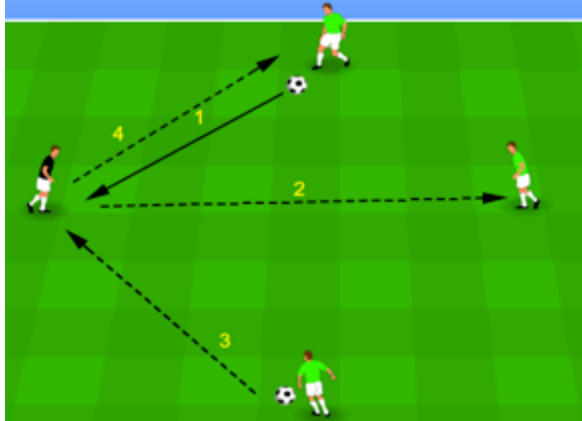
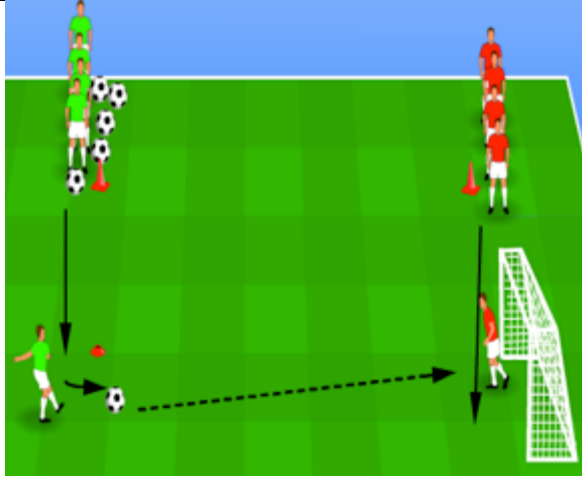



Exercise/Notes	Description	Diagram	Coaching Points
<p>Pass To The Open Player</p> <p>Groups of 4, 2 balls</p> <p>Players in a diamond shape 8 yards apart</p>	<p>One player is “working,” the other 3 players are “supporting” by giving the working player quality passes. One ball is passed to the “working” player who then passes it to the open player (not the supporting player that has the other ball, and not the supporting player that just passed the ball). As soon as the pass is made, the next supporting player passes their ball, so it is a fast pace. Change the working player after 45 seconds.</p> <p><u>Progression:</u> 1) Two touch pass (receive, pass) 2) One touch pass 3) Two touch pass longer distance</p>		<ul style="list-style-type: none"> + Have awareness of who the pass should be going to, line up your hips with the target + Make rolling, firm, accurate passes + When waiting for the ball, be light on your feet (“happy feet”)
<p>Clear the Goal</p> <p>Two teams, each team in a single file line behind a cone</p> <p>One goal needed</p> <p>One cone is on the same goal-line as the goal, but 15 feet away</p> <p>The other cone is on the 18 yard box, equal to the goal-line cone</p>	<p>Green is on offense for 2 minutes, Red is on defense for 2 minutes. Green attacker dribbles to the cone straight ahead, at the cone the attacker turns towards the goal and shoots. As soon as the green attacker leaves the starting cone the red goalie can then go too. The red goalie tries to block the shot. Once the shot is taken, the next green attacker and red goalie can go. Make sure the game is timed so that players go at full speed. Keep score, you only get points on offense.</p> <p><u>Progression:</u> The defending team cannot use their hands (they are not goalies any more). The attacking team needs to keep their shots low (below the waist), the defending team tries to block the shots with their feet (no hands) and clear the ball. Shots above the waist will not count as goals to prevent the defending player from wanting to head the ball.</p>		<ul style="list-style-type: none"> + Shoot the ball low + Accelerate before you shoot, plant foot next to the ball + Laces = power and inside = accuracy (know the correct surface) + Go with speed, when around the cone take a touch towards the goal
<p>Two Ball Soccer</p> <p>Normal soccer game, except you are playing with two balls at all time</p> <p>If a ball goes out of bounds or a goal is scored, get it back in play as quickly as possible</p>	<p>Normal game just two balls. This will lead to non-stop action, but more importantly, will make players focus on their primary tactical responsibilities. Defenders need to worry about stopping goals, forwards need to worry about scoring and creating goals, and midfielders need to recognize where they are needed to keep the team connected.</p> <p>Communication is key to let people know where the ball is. Players need to keep their head up to improve their field awareness.</p>		<ul style="list-style-type: none"> + If you have open space attack it (speed dribble with the outside of the laces) + Don't let a big space develop in the middle of field – the midfielders need to be the link between the attack and defense