

ACTIVITY #1

Set up: Island Tag

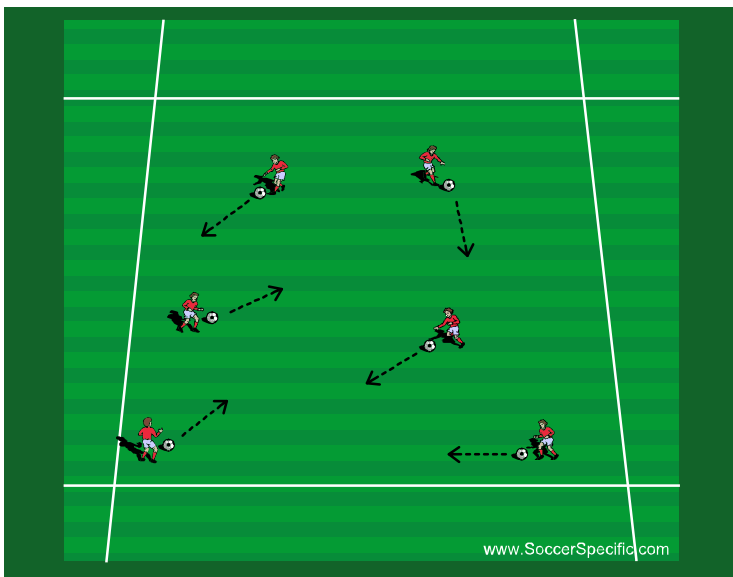
Instructions:

One pair is split up with one designated as 'it' and tries to tag other player. You are safe if you reach an 'island.' But, only two are allowed on the 'island', so the one on the other side must leave.

Progression: Add a ball to the exercise

Coaching Points:

1. General Coordination and Balance
2. Vision
3. Change of speed/direction
4. FUN!



ACTIVITY #2

Set up: Technical Dribbling Activities

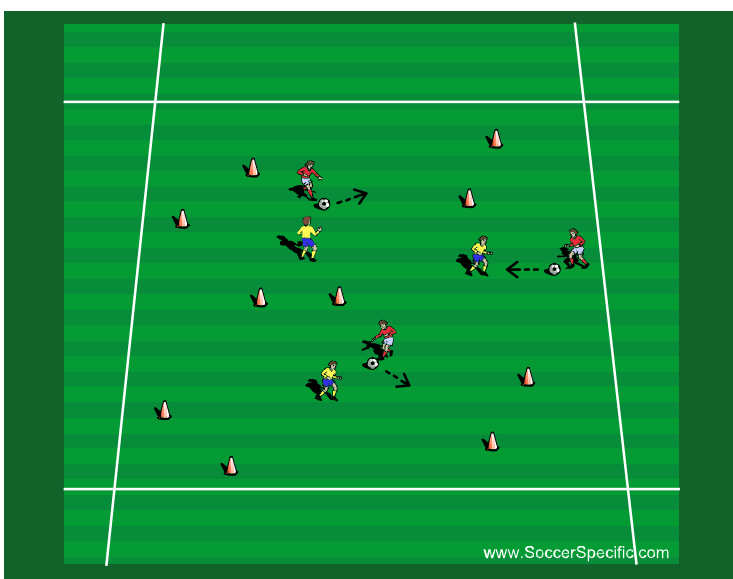
Instructions:

Have players dribble freely, experimenting with different surfaces. These surfaces include: Inside (change direction), Outside (change direction), Laces (longer touch, speed), Sole (pulling, rolling). Next, ask players to do right foot only, left foot only, turn and accelerate, 'show a favorite move'.

Progression: Add a defender. This will introduce pressure to the dribbler. If the defender wins it, he dribbles now and player that lost the ball must go hunt and find another one.

Coaching Points:

1. Response/Vision/Comfortability
2. Dribbling for speed, and/or changing direction
3. Creativity on ball



ACTIVITY #3

Set up: 1 v 1 to Gates; Grid Size 20 yards x 20 yards (or as needed)

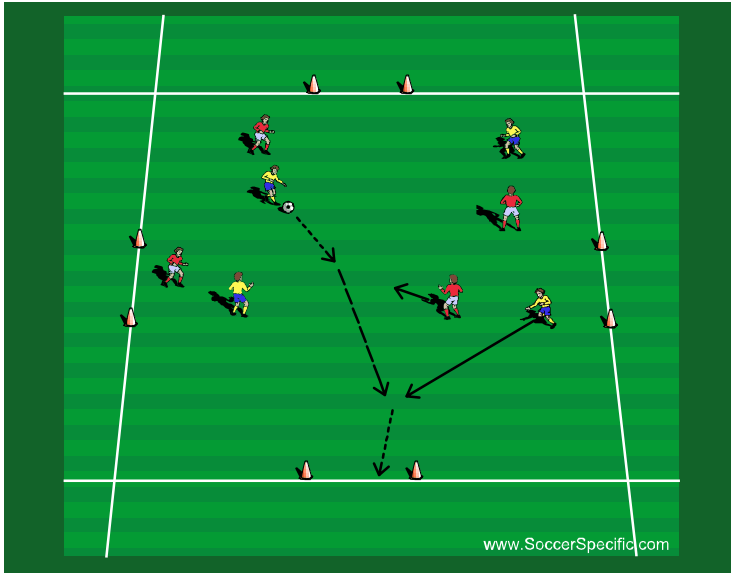
Instructions:

12 players; 2 groups of 6 players. Randomly place gates (3 yards wide) around field. The first six players pair up and play 1v1. To score a point, you must dribble through any gate. Play is continuous. If you lose it, you must defend, and the other player becomes the attacker. Play for 60 seconds. After 60 seconds, second group steps onto the field, and first group rests. Play a second round, and make sure the other player starts with the ball.

How many goals can you score? Can you beat your original score?

Coaching Points:

1. Dribbling for speed, and/or changing direction
2. Decision Making
3. Fitness with a ball



ACTIVITY #4

Set up: 4 v 4 to 4 Goals; Grid Size - 25 yards x 35 yards

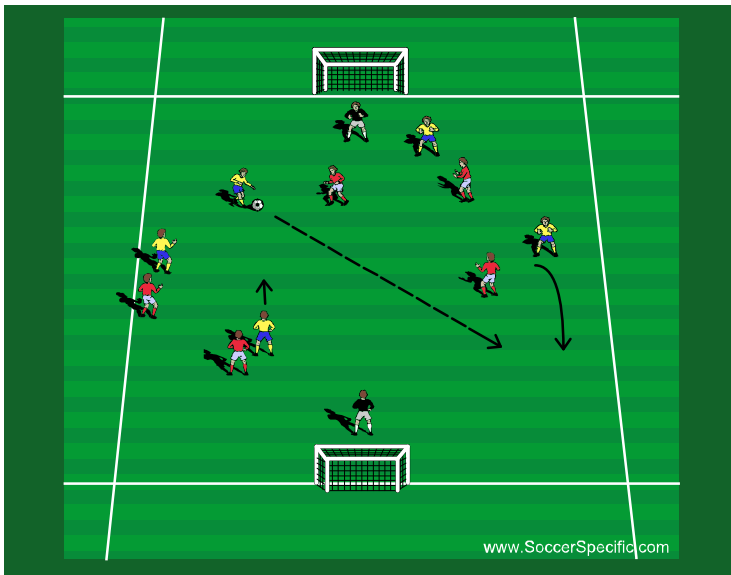
Instructions:

3 teams of 4. Regular 4 v 4 game; however, you may score a point by dribbling through any of the four goals. 5 minute games, rotate teams.

Progression: You may score a point by passing the ball through the goals

Coaching Points:

1. Visual and Verbal Communication
2. Decision making - When to pass, when to dribble?
3. Attacking space with the dribble
4. Transition - The ability to attack upon winning possession and defend when we lose ball



ACTIVITY #5

Set up: The Game; 6 v 6; Grid Size - 40 yards x 50 yards (or as needed)

Instructions:

Free Play; No restrictions; Possible Formations - 1:2:2:1, 1:2:1:2

Coaching Points:

1. All above points mentioned
2. Let them play and have FUN!!