



ACTIVITY #1

Set up: Follow the Leader

Instructions:

Have players work in pairs. Each player follows the 'leader' in the direction he/she goes, without a ball, and mirrors everything they do...jogging, skipping, rolling, tumbling...Let them 'ham it up' and have some fun...Anything goes! Switch roles, so everyone has an opportunity to be the 'leader'. Who can act the goofiest?

Progression: Add a ball, and experiment with different surfaces of the foot:

1. Inside and outside of the foot - changing directions
2. Laces - longer 'touch' - dribbling for speed
3. Sole - pulling, rolling

Coaching Points:

1. General coordination and balance
2. Ball Control
3. Vision



ACTIVITY #2

Set up: The 'Gate' Game

Instructions:

2 teams of 4; Randomly place gates (3 yards wide) around field. There should be two more gates than players. First group is up - Players must dribble through as many gates as possible in 45 seconds. After 45 seconds, second team steps onto the field and first group rests. Play a second round. Can you beat your first score?

Progression: May pass ball through gate and run around gate to collect ball on other side.

Coaching Points:

1. Dribbling for speed, changing direction
2. Response
3. Pressures of the 'game'



ACTIVITY #3

Set up: Bulldog; 10 yards x 15 yards (or as needed)

Instructions:

All players are dribbling freely inside the grid. The two players who do not have balls (the bulldogs) enter the grid on the coaches command and try to steal someone's ball. If you are successful, you are no longer the 'bulldog'. If you lose your ball, you become the 'bulldog' and try to win a ball back.

Play 30 second games. You score a point if you have possession of a ball at end of the round.

Coaching Points:

1. 'Keeping the Ball'
2. Problem solving
3. Introduction of shielding: body between ball and defender



ACTIVITY #4

Set up: 4 v 4 - Boss of the Balls; Grid Size 25 yards x 35 yards; Goals 5 yards wide

Instructions:

Coach starts play by knocking a ball into the field. When the ball goes out of play or a goal is scored, coach will send another ball in immediately. When all of the balls are exhausted, coach will ask the players to get a soccer ball and bring back to him by dribbling.

Coaching Points:

1. Decision Making - Dribbling, passing, shooting?
2. Anticipation
3. FUN!



ACTIVITY #5

Set up: The Game; 4 v 4; Grid Size - 25 yards x 35 yards (or as needed)

Instructions:

Free Play; No Restrictions

Coaching Points:

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