

Warm Up (10 mins)

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- 1) Chain tag (2x90s)- One player begins as the "Tagger" as she tags players they join the "chain". 3 players max to the chain!
- 2) Technical Dribbling - players with a ball each dribbling freely in the box - build in different ball manipulation challenges. Ask the players to slow down and have full control before doing the "move" quickly. Once they show control - ask to see a change on pace after the move.
3. The coach could hold up a number or pinnie during the exercise for the players to be call out. If the coach holds up "blue" the players should dribble out of the box, practice a turn, and get back in!

Example of techniques:

- Sole Rolls/Taps on the ball
- Inside-Inside
- Left or right foot (inside/outside)



Dribbling Relays (10 mins)

Set Up:

15 yards in total from A-B.

Organization:

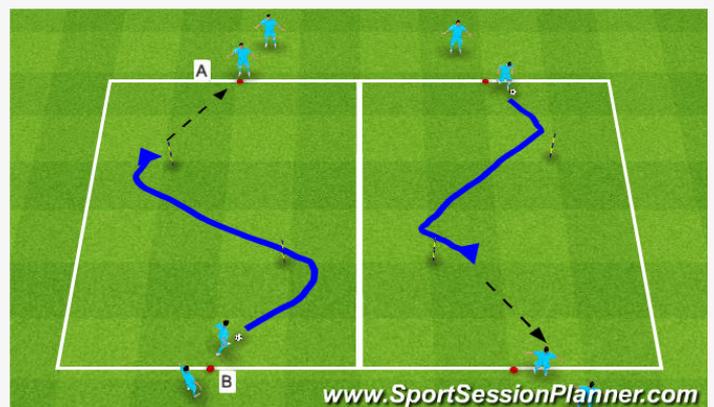
Dribbling relays around zig-zag cones, so players are dribbling at an angle before performing the given technique.

1. Work on cutting with different parts of the foot - inside, outside, sole
2. Practice feints and techniques around each cone. Examples: inside, outside (same foot) at both cones, the last touch around the cone should take the player in the direction of the next cone.

Coaching Points:

Technique:

1. Dribble at an angle, slow down and perform each touch in the "technique" being practiced
2. After you beat the cone, stay in control and "cut" off the defender by taking a touch in front - "win the space" after you beat the cone.
3. Player waiting to receive the ball should show left or right of the cone - communicate with movement and voice
4. Passing technique - ankle locked, toe up, heel down.



1v1 Game (10 mins)

Set Up:

20x12 yard field w/ a 3 yard endzone

Organization:

Dribble around the first cone w/ any 1v1 feint or move and the try to dribble past the defender and stay in control as you dribble into the endzone.

1. The defender must stay on or behind the halfway line

Coaching Points:

Technique:

1. Dribble at an angle and must practice a move to beat the defender.
2. After you beat the defender, stay in control and "cut" off the defender by taking a touch in front - "win the space".
3. Where is the space to attack? If players are closed down close to the sideline, can they use a technique to find the open space?



4v4 plus 1 (15 mins)

Game: 4v4 (+ neutral / coach) to endzones (Game 1) and then to goal (Game 2)

The coach should pass the ball in and ask the players to get into "big" shape to start the game.

Set Up:

30X20 yard field with a marked halfway line (to help when you talk/ask questions about spacing)

Organization: 4v4 in a diamond formation.

Game 1 - dribble into the endzone for a point

Game 2 - game to goal!

Coaching points:

1. Big Shape in Possession
2. Movement and position to support the player on the ball "Can the player on the ball see me?"
3. Where is the space/pressure? Where is the open space?
4. Encourage spreading out and choices for the player on the ball - pass or dribble?
5. Where is the space to attack? Can you use techniques that you have practiced to get into the endzone?

