
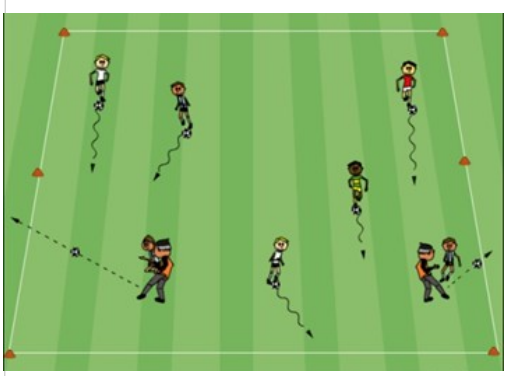

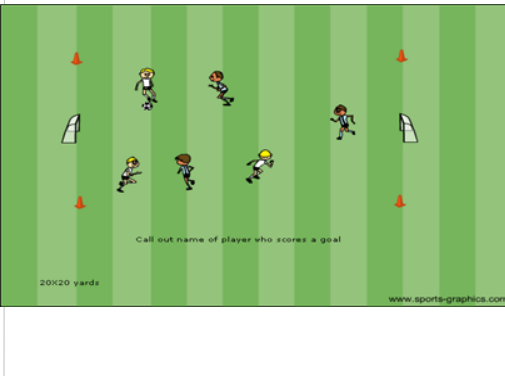


SKILL	Turns/Drags		
8-10 mins	Play- as players arrive have them join in a small sided game	Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only	Let them play
	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
#1 12 mins	<u>Dribble Your Way</u> All players are dribbling a soccer ball in a 15x20 yard area. Have them try to use their inside, outside, and the sole of their foot.		Make sure they change direction. Coach add pressure on them as they dribble Players can dribble towards each other and perform a move.
#2 12 mins	<u>Monster</u> Players are dribbling a soccer ball from one end to the other end of a 15x20 yard grid. The coach begins as the “monster” and tries to kick the dribbling players’ soccer balls out of the grid. Once a player’s soccer ball is kicked out of the grid, they become a “monster”.		Players try to accelerate away from the monster. Change direction Look for open space
#3 12 mins	<u>Ball Freeze Tag</u> Players dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player’s feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.		Award different points if they tag different players. The coach could be worth 100 points
<u>PLAY</u> 20 mins	<u>Small Sided Games</u> 3V3 or 4V4 small sided game. No goalies, no throw-ins, kick ins only. Set up multiple fields if needed (15yds X 20yds).		Let them play