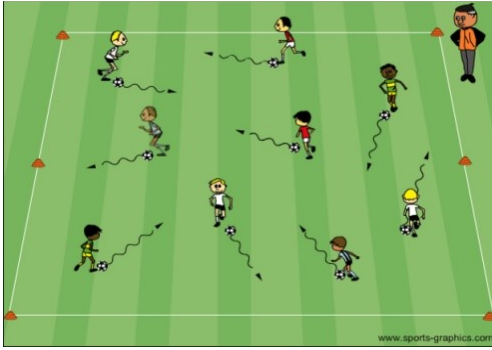
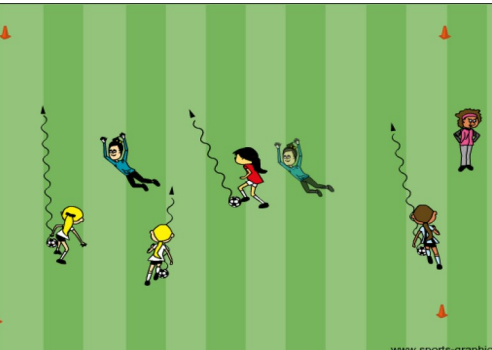
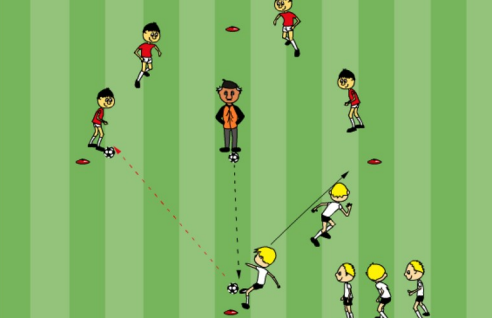



SKILL	Pull backs/boxing		
8-10 mins	<p>Play- as players arrive have them join in a small sided game</p>	<p>Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only</p>	<p>Let them play</p>
	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
#1 12 mins	<p><u>Free Dribble:</u> All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p>Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p>		<p>Apply pressure on the players</p> <p>Challenge them to try a move and accelerate away.</p>
#2 12 mins	<p><u>Creepy Crawler 1:</u> 2 players down on the ground in the crab position the other players start with a ball on one end line. On the coaches command the players with the ball try to dribble to the other side of the box avoiding the crabs.</p> <p>Coaches: Switch the crabs every few minutes.</p>		<p>Make sure everyone gets a chance to be a crab.</p>
#3 12 mins	<p><u>Soccer Kick Ball:</u> Players should be divided into equal teams. Set the field like a baseball diamond. One team in the field along the baselines tries to kick the ball back to the pitcher as quickly as they can while the kicker runs to first. Every players is safe and can only go one base.</p>		<p>Coach pitches rolling the ball. Everyone kicks once then switch the kickers and fielders.</p>
<u>PLAY</u> 20 mins	<p><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).</p>		<p>Let them play</p>