

ACTIVITY #1

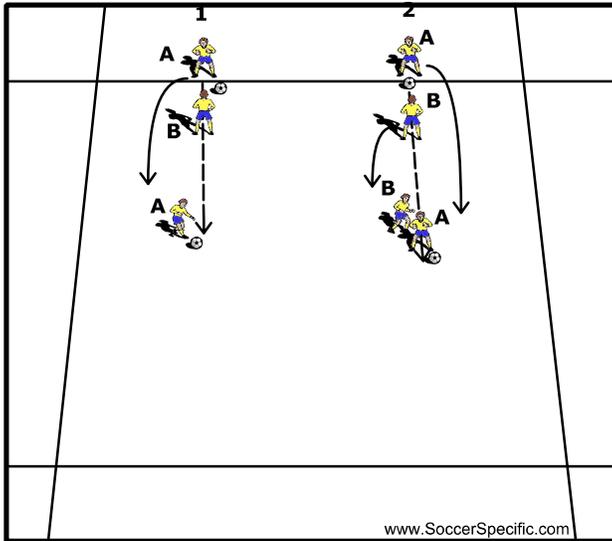
Set up: Game- Thru the legs and chase
Players are to be in groups of 2 with one ball. Use a space large enough for a ball to be played approx. 15 yards

Instructions: Example #1 - younger players. A plays through the legs of partner B and runs to get ball. Player must then turn and find partner to repeat. Switch partner with ball after 5 turns

Example #2- Older players. Player A plays ball through the legs of partner B and runs to retrieve the ball. Player B also turns and attempts to get the ball. Repeat and switch ball carrier.

Coaching Points: Encourage younger players turn make good initial pass and once they retrieve the ball to quickly turn and find partner again. Make it a game to try and hide from partner that has ball

With the older players encourage proper shielding of the ball and ensure you keep your body between the ball and the defender

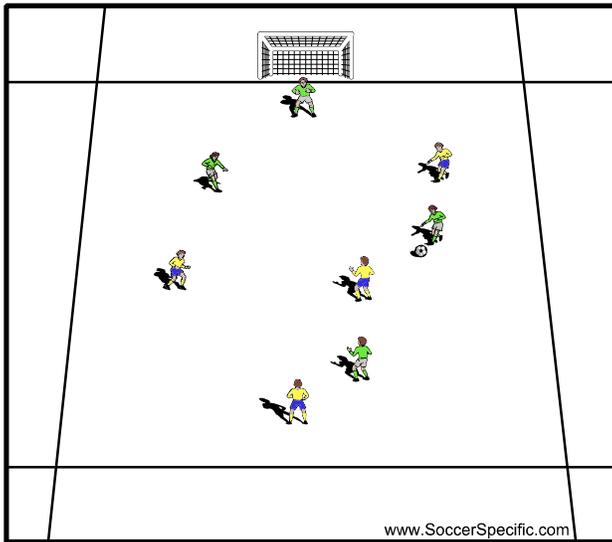


ACTIVITY #2

Set up: SSG

Instructions: Split players into 2 teams

Coaching Points: Encourage good use of field space, communication, and passing



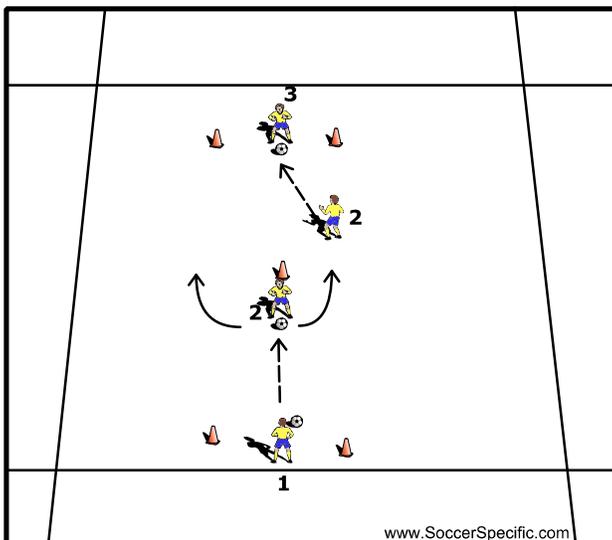
ACTIVITY #3

Set up: Turns

Players work in groups of 3 or more. Double set of cones at each end with a player in the middle. Players at opposite ends should be approx 20 yards apart. Farther with older players

Instructions: Player #1 makes a pass into player #2 who receives pass and turns. After the turn plays the ball to player #3 and remains in the middle Drill repeats. replace player in the middle after 5 turns

Coaching Points: Younger players keep the turn very simple. Stressing using inside of the foot to maintain control. Older players can use both feet inside and out as well as touching ball behind standing leg and then execute the turn



ACTIVITY #4

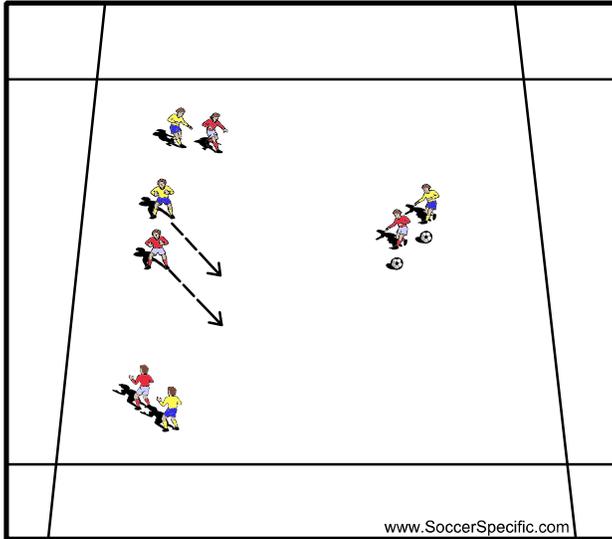
Set up: Mirror

Players are grouped in pairs within a 20 by 20 grid

Instructions: One player is deemed the leader while their partner is closely behind. The leader moves freely through the space while their partner follows behind.

Younger players have no ball and as they progress a ball can be added

Coaching Points: Encourage creativity in movement. With older group upon coaches command of "defend" the trailing player can attempt to gain possession of the ball

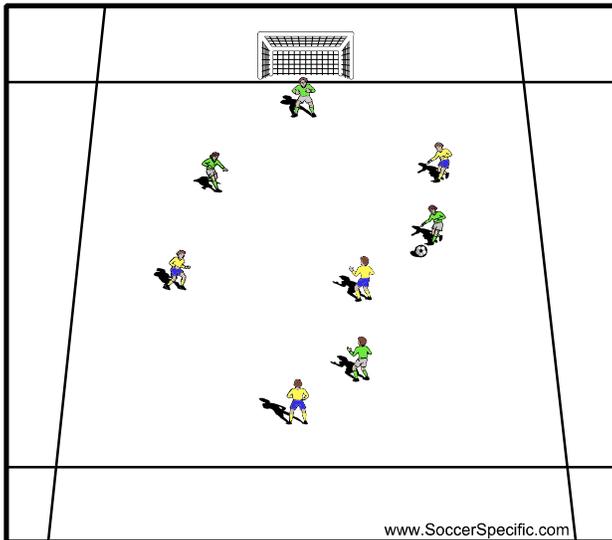


ACTIVITY #5

Set up: SSG

Instructions: Split players into 2 teams

Coaching Points: Encourage good use of field space, communication, and passing



ACTIVITY #6

Set up: Knock Out

20 X 20 Grid

Instructions: players move freely in the space with a ball at their feet. While maintaining possession of their own ball they attempt to knock another players ball out of the space. When a players ball is knocked out they must juggle outside the space

Coaching Points: Younger players juggle twice then return to game

Older players remain outside the space until they are only one player remaining

