

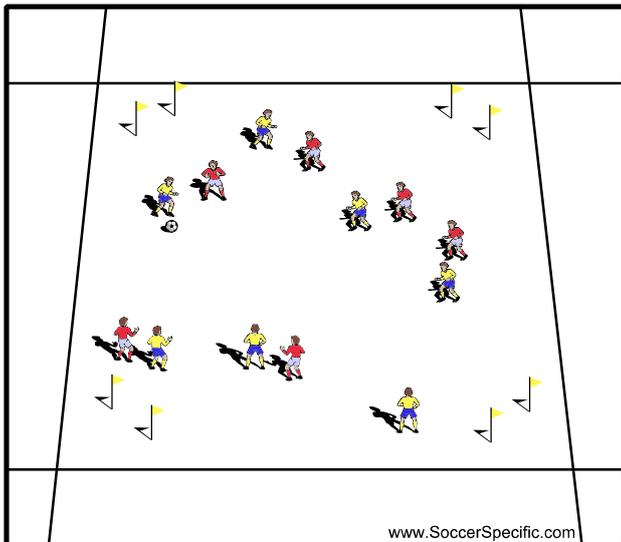
**ACTIVITY #1**

**Set up:** 4 Goal Game

Set up 4 goals in a square pattern. Players are divided into 2 teams

**Instructions:** 2 teams compete and are free to score on any of the 4 goals

**Coaching Points:** Encourage players to attack open space and switch the field when they can



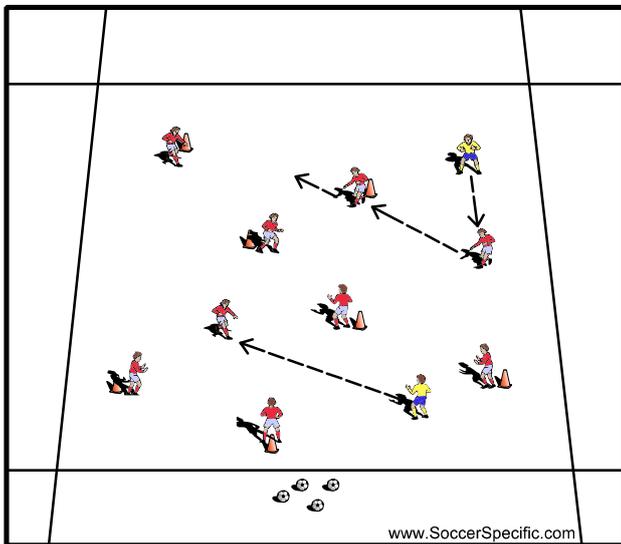
**ACTIVITY #2**

**Set up:** Tag

In a grid approximately 20 X 20 place several cones randomly in the space. Have fewer cones than players trying to avoid being tagged. Have 2 players assume the role of taggers.

**Instructions:** Players move freely in the space and try to avoid being tagged. Players are safe if they occupy a cone. If a player runs to a cone that is occupied that player must leave and run to a new cone.

**Coaching Points:** Progression with older players- introduce a ball. Encourage moving into space. When balls are used player is not tagged but compete for the ball therefore must shield to maintain possession



**ACTIVITY #3**

**Set up:** Slalom Poles

Players in groups of 3 or 4 players behind a starting cone. In a straight line out from the cone place slalom poles approximately 5 yards apart

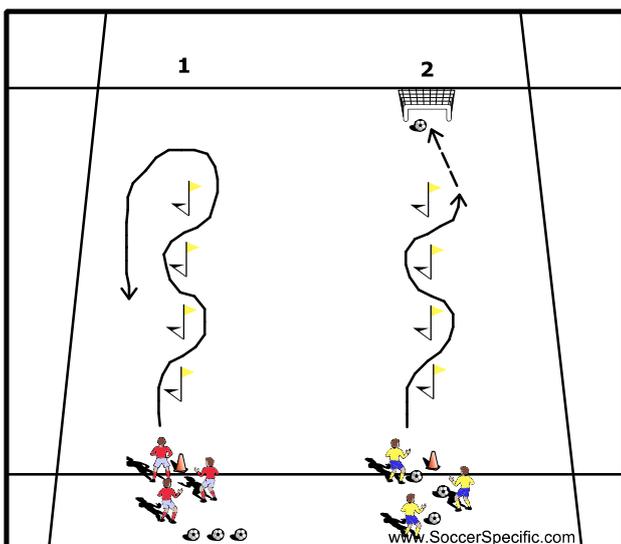
**Instructions:** Players weave around the poles.

Younger players can do this without a ball and return to the line.

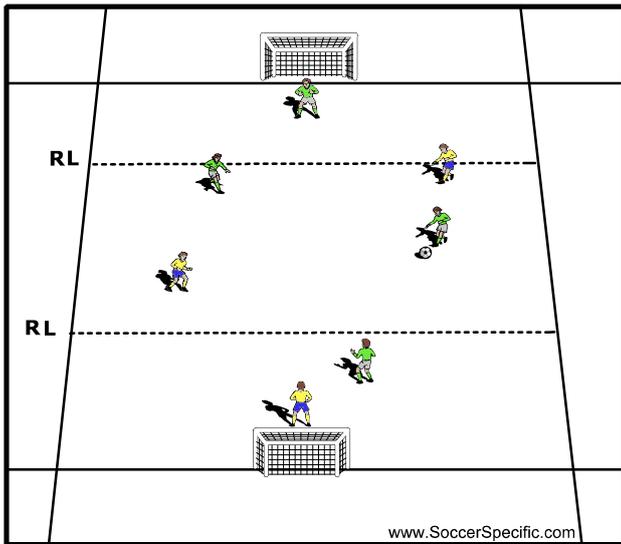
Then progress to have the ball at their feet. #1

Older players can do the same thing but finish with a shot on net with or without a goalie # 2

**Coaching Points:** Good balance, Keep ball close. Touch ball with every step with older players. Use both feet



**ACTIVITY #4**

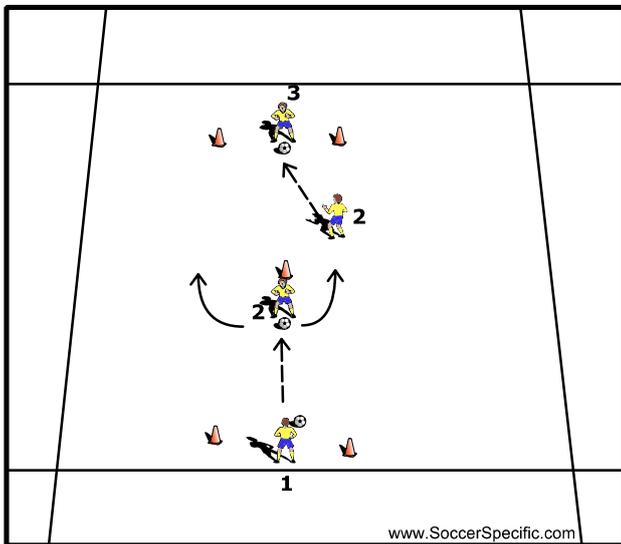


**Set up:** SSG

**Instructions:** Split players into 2 teams. Incorporate a retreat line. Upon ball going out over the end line or goalie possession the opposite team must retreat behind the line.

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

**ACTIVITY #5**



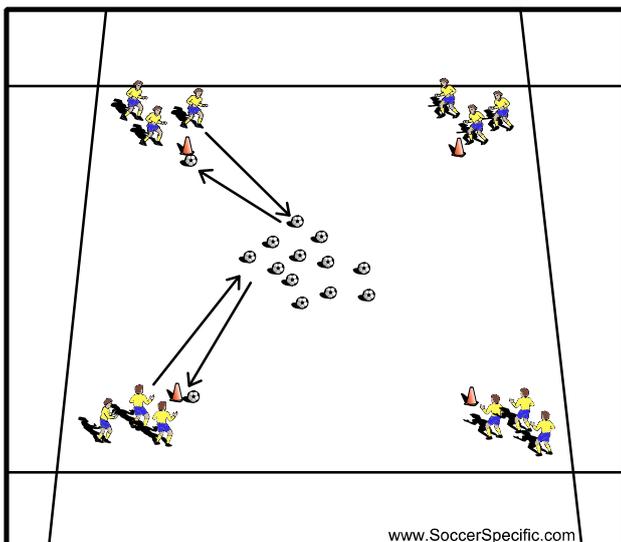
**Set up:** Turns

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 #6**



**Set up:** Game - capture the ball

4 groups of players each at a corner of a grid approximately 20 X 20. Several balls placed in the middle of the playing area

**Instructions:** One player from each group to participate at a time. On the command to start each of the 4 players run to the middle and retrieve a ball and dribble back to the cone they started from. This continues until all balls in the middle are gone. At this point in time players can "steal" balls from any other player. Continue for 1 min.

**Coaching Points:** Ensure that the player stops the ball at their cone. Must keep head up while dribbling making the appropriate change of direction with the ball