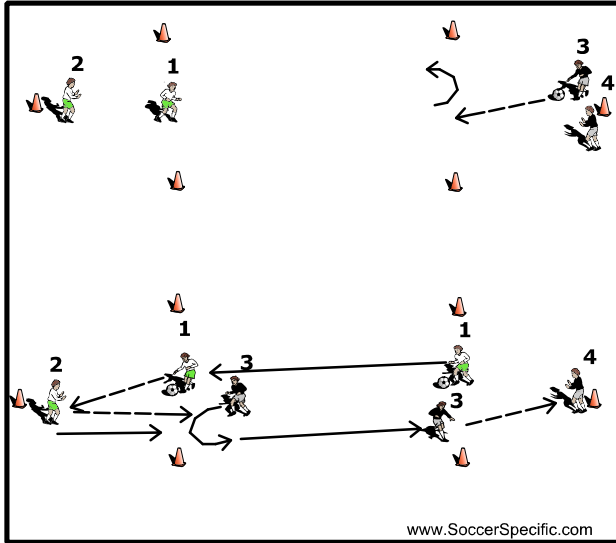


ACTIVITY #1

Set up: 4 Player Passing - Follow your pass
2 sets of 3 cones on each side approx 30 yds apart. 2 players on each side

Instructions: Player 1 runs across to receive pass and turns with the ball. Player 3 follows their pass. When player 1 gets to double cones pass is made to player 2. one time pass back to player 3 who turns and dribbles back to double cones on other side to make pass and drill becomes continuous.

Coaching Points: Pass to appropriate foot to help player with turn. First touch in opposite direction

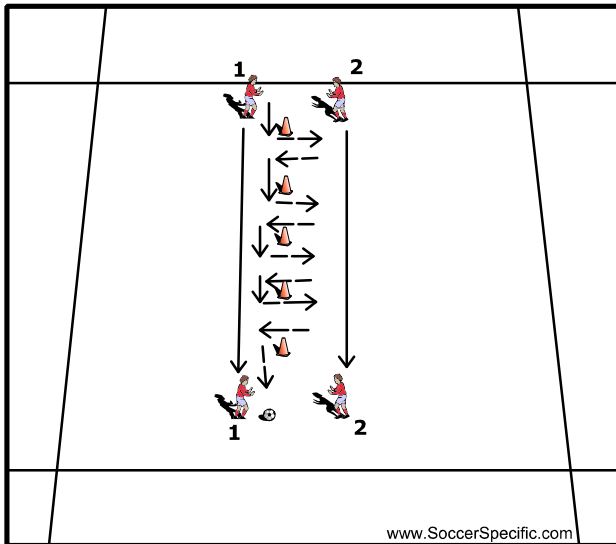


ACTIVITY #2

Set up: One Touch Cones (partner)
10-15 cones approximately 1 yrd apart

Instructions: player #1 plays ball through first set of cones. Player #2 returns pass through the same set of cones. Player #1 moves ball across body to repeats pass to partner through next set of cones

Coaching Points: Recieve ball with the appropriate foot to move across body. Inside touches only



ACTIVITY #3

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

