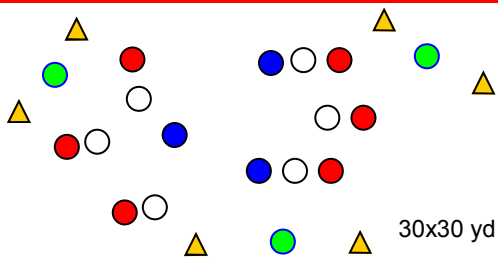


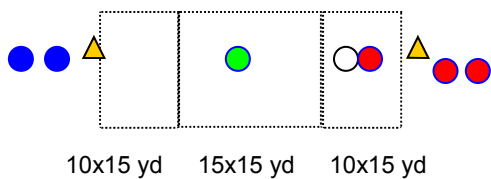
WARM-UP



Dribblers vs. Defenders (10 min)

Set up 3 big goals with keepers. Dedicate 2/3 of the players with balls and 1/3 without. Instruct the defenders without the ball to go after the players with the balls. Once the defender wins the ball, he attempts to score on a goal. If the defender scores the goal, the player who lost the ball too becomes a defender and the ball is now out of play. Play continues until the last player with the ball wins. Play until one ball is left. If ball goes out of bounds on a shot, whoever chases the ball down first brings it back in. Switch keepers each game.

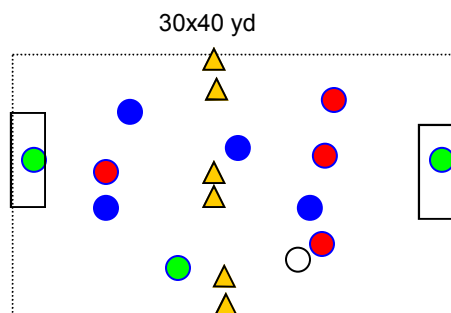
EXERCISE 1



Groups of 5-6 Players(15 min.)

Set up 3 grids connected by common cones to create a long and skinny channel. Choose one player to start in the middle grid; this player will be the defender. The defender is restricted to defend the middle box and disallow an attacker from dribbling through the middle grid to the other side. If the attacker is successful in making it to the other side, the defender stays in the middle. However, if the defender wins the ball, the attacker quickly becomes defender and is quickly attacked by the next attacker. Only use one ball, and once the attacker beats the defender, he passes to the next attacker in line. Have a lot of balls ready per group to maintain fast pace.

EXERCISE 2



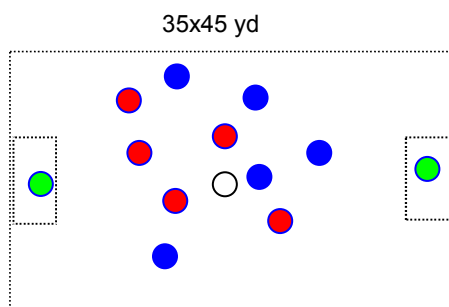
4v4 or 5v5 with 3 GKs (25 min.)

- 3 5yd goals in the middle of the field
- Players get 1 pt. for dribbling through the midfield goals and 2 pts for passing to a teammate through midfield goals. 3 pts for a goal on the big goals.
- A third keeper defends all 3 goals against both teams in the midfield.
- Every time a goal is scored on a big goal, that keeper switches with the midfield keeper.

Coaching Points

- Game needs to move. Players either dribble or pass quickly
- GK in the middle works on shuffling quickly side to side

EXERCISE 3



Scrimmage with GKs with big goals (20 min)

Coaching Points

- Encourage players to take on players when there is space in front of them
- Remind players to give up the ball when they decide to dribble against the odds