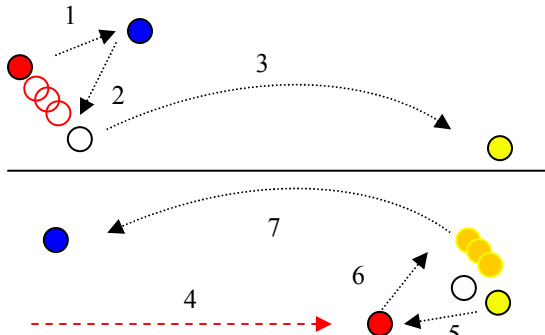
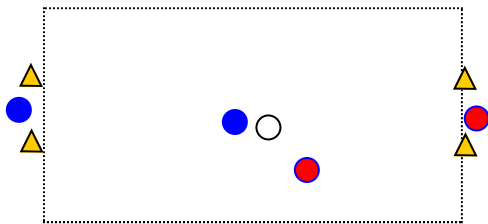


WARM-UP



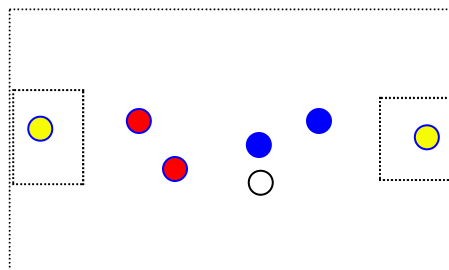
Player who serves ball then runs to receive and pass

EXERCISE 1



10x20 yd

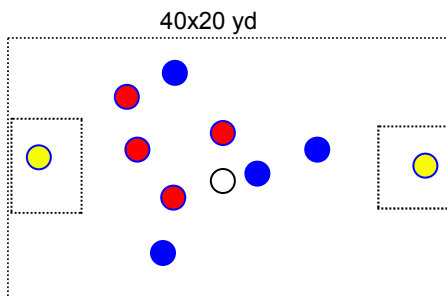
EXERCISE 2



20x15 yd

Coach

EXERCISE 3



40x20 yd

Coach

Short-Short-Long (10 min)

Groups of 3. One player sends a long ball (20 yds or longer) to another player and runs to receive a short pass from the player receiving the long ball. The receiving player passes the ball (with 1 touch preferably) to the player who is running towards her. The running player 1 touches a pass back to the player who sends a long ball back to the third player and runs after it to set up the 3rd player for a long ball.

Coaching Points

- Strong long balls
- First Touch
- Set up players to hit long ball with nice pass in front of them
- Use left feet for long balls

1v1(10 min.)

Groups of 4 . Play 1vs1 in the center of the grid and try to complete a penetrating shot, pass or dribble to the target player or small goals at the end of the grid. Switch roles every two turns.

Coaching Points

- Create space
- Angle the checking run back to get ball from target player
- Turn to face defender very quickly
- Quick decisions and quick implementation
- Shoot, pass, or dribble

2v2 + GKs (15 min.)

Two teams of 2 plus 2 GKs. The coach throws out balls. Each team makes quick decisions to dribble, pass and shoot. 2 min. intervals.

Coaching Points

- Don't stand with ball to make a decision
- Move the ball into space with dribble or pass
- Get shot off as fast as possible

4v4 + GKs

Increase the field size and number of players from Exercise 2. Coach throws out balls as needed to keep a very fast pace. If you have larger numbers, have a third team jump on every time a team gets scored on or every 2 minutes, whatever comes faster.

Coaching Points

- Don't stand with ball to make a decision
- Move the ball into space with dribble or pass
- Get shot off as fast as possible