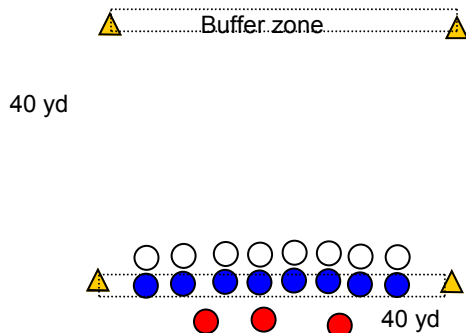


### WARM-UP

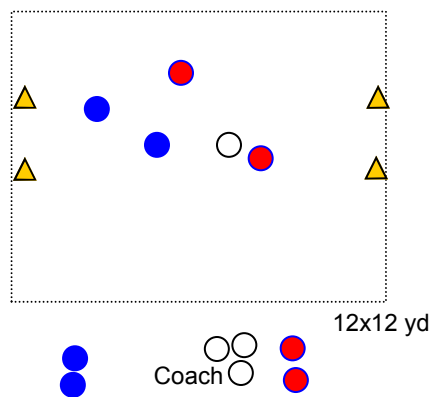


### Dribble with Speed (10 min)

Start with a 40-yard field with a 5-yard “buffer zone” on each end. Have all but 3 players start on the end line, each with a ball. The other 3 players start 5 yards back without a ball. (If 3 players is too much to start with, go with 2 defenders).

When the coach tells them all to start, the players with the balls try to dribble at full speed down to the other end line and get three touches on the ball in the far buffer zone. The 3 other players are trying to stop them by either winning the ball, playing the ball away or knocking the ball over the end line. If the players with the ball are able to control the ball in the opposite buffer zone with three touches on the ball, they get to go again in the next round. If the players with the ball lose the ball, they join the defenders in the next round. The last player with a ball wins.

### EXERCISE 1



### 2v2 (20 min.)

The coach stands on the touchline with a supply of ball and a small line of players on each side. The coach plays a ball in and the first person from each line plays 2v2. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are “outta there.”

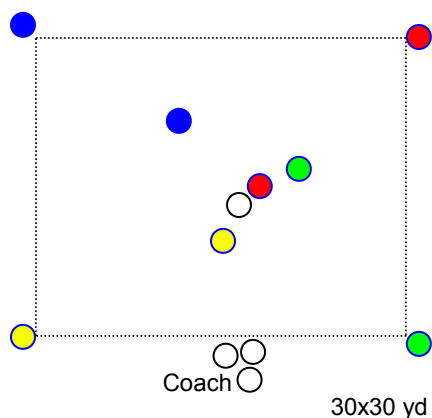
This should be a very fast paced game.

#### Variations:

- Start with a 1v1 before progressing to the 2v2.
- Progress to a 3v3
- Limit touches to encourage passing.

Enforce limitations such as beating a player before passing to encourage players to take on defenders.

### EXERCISE 2



### First to Ball and Shielding (10 min.)

Create 4 teams and have them stand at each of the four corner cones. The coach stands outside the grid near the middle of 2 side cones with a large supply of soccer balls.

The coach plays a ball into the center of the grid and shouts out a command (such as “GO”) to begin play. The first player in each of the 4 lines must sprint after the ball in attempt to reach the ball first. Once the ball is won cleanly, the player must hold possession from the other players for 5 seconds before passing the ball back to the coach. If any player steals the ball from the person in possession, that player will then attempt to hold possession for 5 seconds. A team scores a point by successfully holding possession for 5 seconds and making a return pass to the coach. The first team to reach 5 points wins.

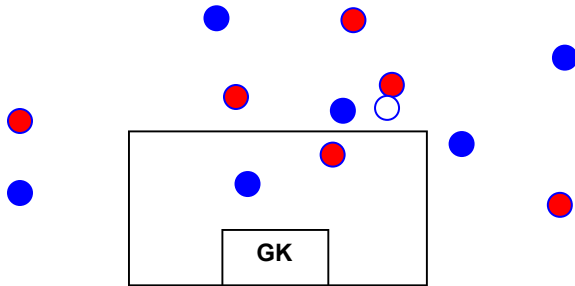
#### Coaching Points

- Do not allow fouling
- Player with ball must move feet and body to shield
- If ball goes out—no point—next team

### EXERCISE 3

#### 3v3 in Goal Box. (20 min.)

Divide the group up into 2 teams. Set up a 3v3 inside the 18 with a keeper in the goal. The remaining players play outside the 18 alternating colors.



Goalbox or 18yds x 30yds

- Players play a 3v3 inside the 18 and are encouraged to take any half chance at goal since they are in scoring range.
- The team in possession must play the ball through an outside player before that team is active to go to goal.
- Players must switch with the teammate outside the 18 when the player is played through those players. For example, if the red team has possession, they must play the ball through an outside player prior to shooting on goal.

Once the red player plays to the red player outside the 18, those two players switch roles, and red is now free to attack the goal. The game must be very dynamic and players should be changing roles constantly. Encourage players to take shots and use players for quick combinations.

#### Coaching Points:

- Encourage fast passes and decisions
- Limit touches to 2 if too much dribbling or passing does not come quickly enough