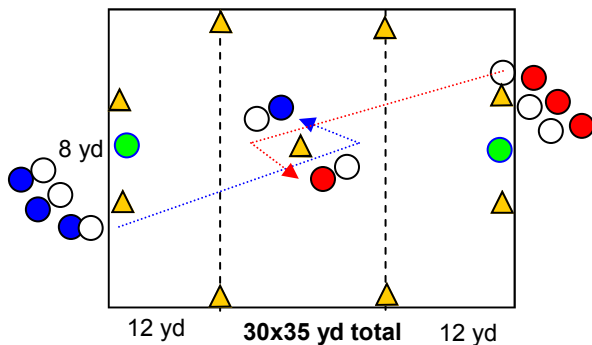


WARM-UP



Shooting Race (no more than 6 aside) 12 min

Divide your players in half and put them on the side of the two goals with lots of balls. Place one cone in the middle of the field area. The first player in each line dribbles at speed to the right of the cone. After rounding the cone, the shooters have 1 touch to shoot on goal. On the coach's command, the next two players from each line repeat the same sequence. The first player to score wins a point for their team. Players return to the back of their original group. (3 minute games. Losers do 3 pushups.)

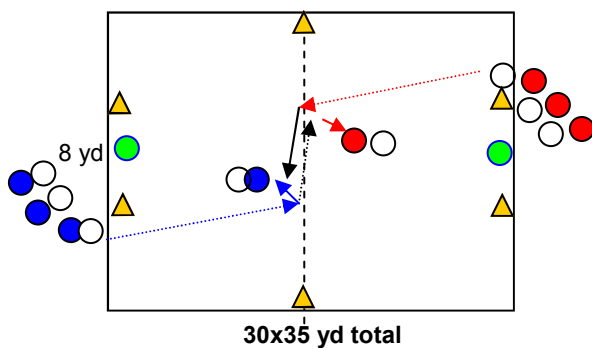
Progression

- Change sides to use left feet. Change keepers.

Coaching Points

- Must dribble at game speed.
- Perform a quick and tight turn around the cone.
- Accuracy, not power. Look for far post shots.

EXERCISE 1



Shooting Race Continued 12 min

The first player in each line dribbles towards the goal. Just before the attackers reach the midway point, they lay the ball off for the other person. The attacker must then perform a shot fake, turn, and shoot on the goal they came from. After the shot has been taken, the players go to the back of the goal they just shot on. On the coach's shout, the next two players repeat the same sequence. (3 minute games. Losers do 3 pushups.)

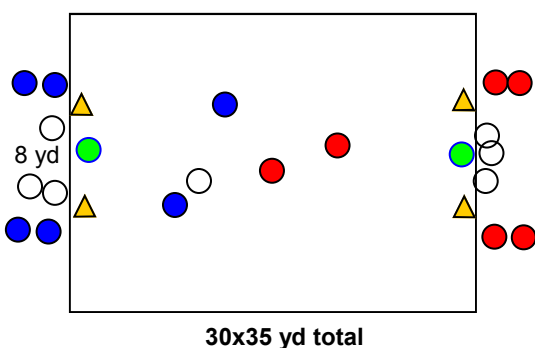
Progression

- Change sides to use left feet. Change keepers.

Coaching Points

- Use the inside of the foot and the outside of the foot turns.
- Shooters must have a quick release.
- Accuracy, not power.

EXERCISE 2



Flying Changes (2v2) 20 min

A very fast game. Goalies put the ball into play after every dead ball. Change keepers every 5 minutes.

Rules

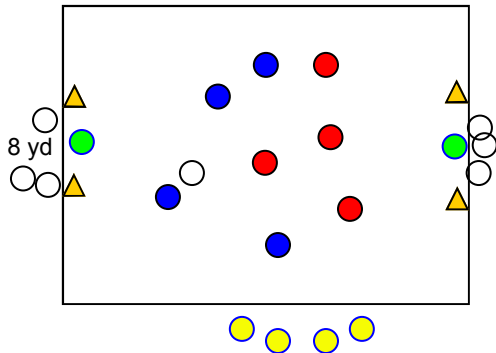
- Two teams of two play until:
 - 1) One team scores. Team that scores stays on. Goalie who got scored on sends out new team with a ball.
 - 2) Ball goes out of bounds. Two new teams onto the field. The team who kicked the ball out or over a goal does not start with the ball. The goalie starts a new ball immediately for her new team.

Coaching Points

- Keep the game going very quickly.
- Players need to take shots quickly and accurately
- Keepers need to distribute quickly and accurately to their players, as well as communicate on defense.

EXERCISE 3

30x35 yd total for 3v3
35x40 yd for 4v4
40x45 yd for 5v5



Flying Changes (3v3, 4v4, or 5v5) 20 min

THREE teams of players. One team on the sideline. Teams on the field play back and forth until one team scores. Team that gets scored on immediately replaced by the team on the sideline. Keepers must keep the ball going quickly. If a ball goes out, Keeper starts a new one from the goal. Play until all balls need shagging.

Coaching Points

- Players make quick passes and look to shoot when an opportunity shows itself
- Don't stop with ball.
- Keepers must keep game moving through communication and distribution of balls.