

WARM-UP

Instep Warm Up (Hitting ball on laces with toe pointed)

Start with players sitting down and kicking the ball out of their hands. Look for good technique - ankle locked, toe pointed, strike ball with laces, plant foot facing target, leaning forward, no spin on ball, head position.

Progression

- While sitting, two insteps in a row (3, 4 juggles in row)
- Kick ball, stand up and catch it.
- While standing (then moving), kick ball and catch it.
- Have the ball bounce in between instep juggling touches, keep ball going.
- Two touches without ball hitting ground.

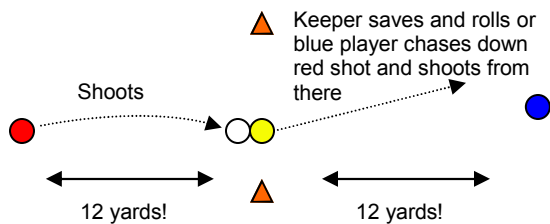
Instep Passing (in pairs)

In pairs, players make instep passes back and forth.

Progression

- Start with ball being kicked after a bounce, dropped from hands..
- Ball kicked from the ground.
- Increase distance.
- Restrict player to 2 touches.

EXERCISE 1



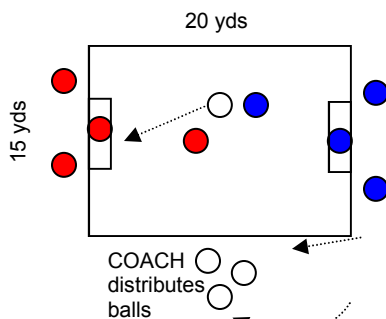
Three players with one as Goalkeeper one goal marked by cones.

- Red strikes the ball at the keeper. Keeper then rolls the ball to Blue and Blue then strikes the ball at the keeper. Red and Blue need to be at least 12 yds from the keeper. Add competition. Switch places every minute.
- Goalkeeper can bounce balls.

Coaching Points

- Stress technique and accuracy.
- Make sure both feet are being used

EXERCISE 2



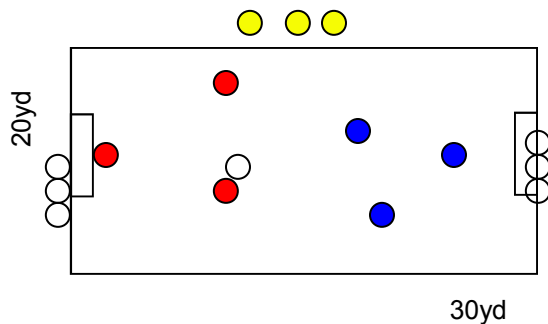
1 v 1 to two goals with goalkeepers in each goal. Play 1 v 1 until the ball is out of bounds, or a goal is scored.

Grid is 20 yards long by 15 yards wide. Coach throws out new ball to start next two players. Keepers who make saves quickly get ball back to their player. New players on for both teams after each play. Switch Keepers every 2 minutes. Can expand to 2v2.

Coaching points:

- Stress preparatory touch and early shot.
- Emphasize quickness in getting to the ball.

EXERCISE 3



3v3 or 4v4 game with two large goals (35ydx 25yd). As soon as one team scores, losing team gets off and sitting team gets on field quickly. Goalkeepers quickly distribute balls to get play moving.

EXERCISE 4



Divide the group up into 2 teams 1 red and the other yellow. Set up a 3v3 inside the 18 with a keeper in the goal. The remaining players play outside the 18 alternating colors.

Players play a 2v2 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 yellow team has possession, they must play the ball through an outside player prior to shooting on goal. Once the yellow player plays to the yellow player outside the 18, those two players switch roles, and yellow is now free to attack the goal. If red wins possession, the ball must be played through a red player on the outside who also switch roles and 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 players to take shots on half chances
- Players should connect with each other for quick 1-2's and get the shot off