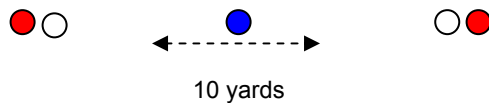


## WARM-UP

Put in groups of 4. Two groups of 4 in line face other group of 4 in line 10 yards apart.

1. Player from one line dribbles quickly and with lots of touches to first player in other line. Player takes over and dribbles ball back to other line. (Each player will do each dribble 10 times.)
  - Dribble with outside of right foot, then left foot
  - Dribble with inside of right foot, then left foot
  - Dribble with laces of right foot, then left foot
  - Dribble with sole of right foot, then left foot
2. Both lines have one ball. Players from both lines dribble towards each other, make the same move around each other, pass to other line and go to the back of the line.
  - Step with left foot, push with outside of right foot and around
  - Step with right foot, push with outside of left foot and around
  - Clockwise with right foot and push the outside with right foot/ left
  - Tap right foot to left foot and left foot pushes ball back across right foot and around player/ switch
  - Fake shot with right foot, push with outside of right foot to outside/ left

## EXERCISE 1

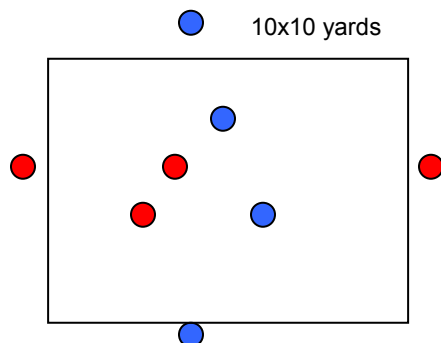


Two players each with a ball on outside, and a third one in between sprinting back receiving and passing. (On the ground inside of the foot, knee trapping and pass, chest and pass, volley out of the air, head back, back to inside foot pass on the ground.) Outside players should be 20 yds apart. Try 30 second intervals. If outside player is chasing a ball, player goes back to other player for serve

Coaching points:

- Player in the middle must be at full speed.
- First touch must be perfect
- Pass back to servers must be accurate

## EXERCISE 2

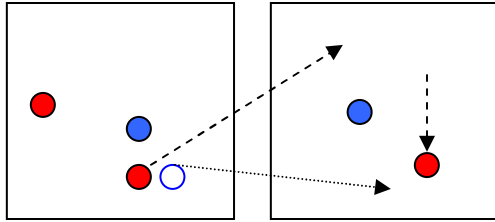


Fast paced keep away game. As soon as ball is passed to outside teammate outside players receives the ball to space and joins middle. Player who passed the ball goes out onto the wall. Very fast game. First touch by outside player needs to be to space on one side or the other, not into oncoming defender. The game can be expanded to greater numbers but field must be enlarged as well. If players are having problems, make field bigger.

Coaching points:

- Wall players receive ball with outside of foot and push to space.
- Look for opportunities to split other team players
- Work to make first touches beat opposing player.

### EXERCISE 3



Create two 10 x 10 yard adjacent grids. Start with 3 attackers and 2 defenders in an alternate jersey. Have 2 attackers and 1 defender in one grid, and 1 attacker and 1 defender in the adjacent grid.

The attackers in the 2v1 grid control the ball against the single defender. While the attacker in the 1v1 grid is making runs to get free from the defender. The attacker in the 2v1 grid who passes the ball to the 1v1 attacker follows the pass into the grid and creates a new 2v1 in that grid. The play repeats. If the defenders win the ball, they should attempt to hold possession from the attackers.

Variations:

- Enlarge the grids and increase the number of players.
  - \* 3v2 and 2v2
  - \* 4v3 and 3v3

Coaching Points:

Focus on proper passing, receiving and possession. \* Make sure attackers are creating space to exploit when the time is right.

### EXERCISE 4



Setup a 25 x 15 yard grid with a small goal at each end, play 2v2. You can adjust the size of the field based on the skill level of the players.

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 or team scores they stay on and the other person or team leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players (or teams) are "outta there."

This should be a very fast paced game.

Variations:

- You can 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 taking on defenders.