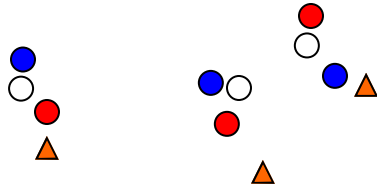


### WARM-UP

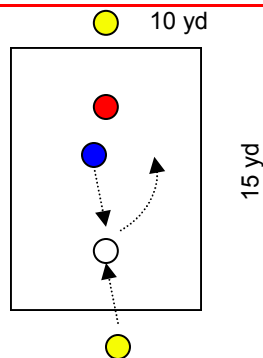


**WARM UP**—Players divide into partners. Each set of partners has one ball and one cone. Players try to dribble to their cone. The ball must touch the cone in order to be a point. Keep score. (30 sec on, 30 sec rest.) Switch partners after each minute. 10 minutes.

#### Coaching points:

- Players should remember to shield ball from defender.
- Dribbling moves should be quick with acceleration following.

### EXERCISE 1

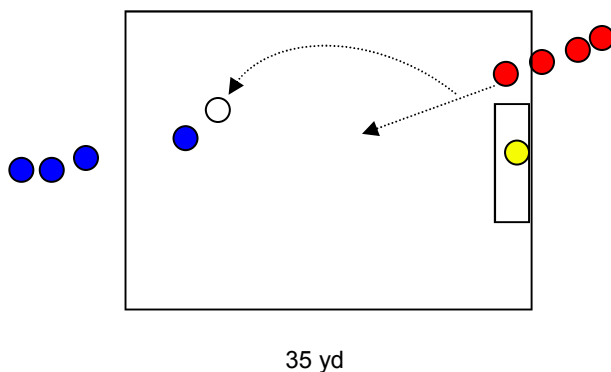


**1v1**— Target players on each side of grid give ball to player who has possession. Once player loses possession or ball goes out of bounds, the other player gets the ball. (1 min intervals then switch target players with inside players.) Switch players with other groups after each round. 15 min.

#### Coaching points:

- Player receiving ball must make quick, checking runs to target player
- Once player receives ball, she needs to turn and face the defender as quickly as possible
- Dribbling moves must occur quickly. The longer a player takes to decide on a move, the less likely it will work.

### EXERCISE 2

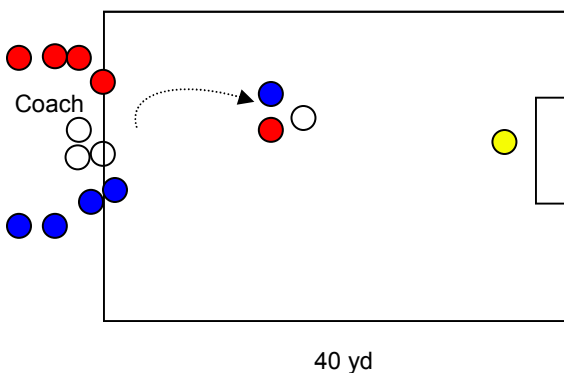


**1v1 with Goalkeeper.** Defender chips ball to Attacker. Attacker quickly controls ball and goes to goal for a shot. Defender tries to take ball away. Players switch lines after each play and get ball back. 15 min.

#### Coaching points:

- Attacking player controls ball with minimal touches and moves forward quickly
- Attacking player doesn't slow down when defender approaches
- Attacker knows what move she will make before confronted with the defender.

### EXERCISE 3

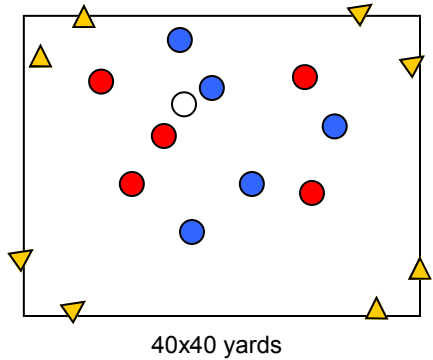


**1v1 to Goal.** Coach tosses out ball between two lines. Two players sprint for the ball and get a shot off. Whoever gets goal gets the point. Keep track of points. Switch teams and do it again. Players can start sitting down, in push up position, with back to goal, etc. 15 min.

#### Coaching points:

- Control ball at pace by shielding it
- Minimize touches—quickly shoot
- Go directly to goal

## EXERCISE 4



A player can score a goal by dribbling through any of the mini goals located in the corners. Play resumes after a goal with a change of possession. Play for a designated time or for a pre-determined number of goals.

### Progressions:

Teams are designated only 2 goals to score in.

### Coaching points:

- Push ball out in front while moving at speed.
- Encourage passing to set up 1v1 situations or goal scoring opportunities
- Use feints, deception to elude defenders.
- Encourage passing until a 1v1 situation arises.