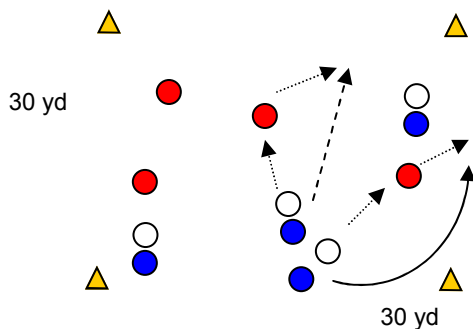


WARM-UP



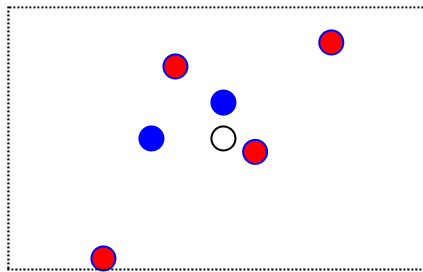
Passing & Receiving with Mobility (10 min)

All of the players are in a confined area, half with a ball—half without. Players with the ball dribble under control and pass to the players without the ball. All of the players are constantly moving at different angles and at different speeds. Switch balls to other team every 1 minute.

Coaching Points

- Vision
- First Touch
- Timing
- Body positioning
- Communication

EXERCISE 1



30x20 yd

4v2 (10 min.)

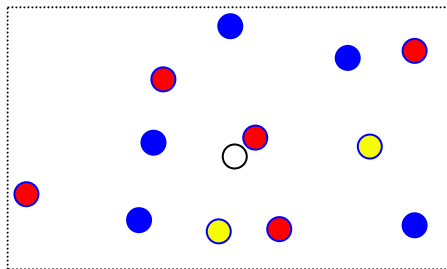
4v2 with some restrictions. Two touch passing and ball cannot go back to the person who passed you the ball

Coaching Points

- Head up
- Speed of play
- Change direction
- Triangles (always have two passing options)
- First touch away from oncoming defender

EXERCISE 2

35x25 yd



5v5 + 2 (15 min.)

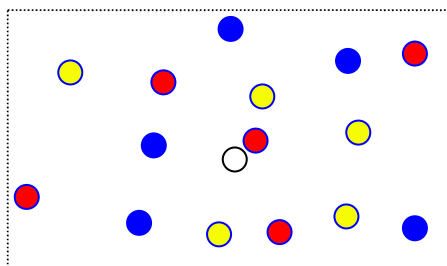
Two teams of 5 plus 2 neutral players who are always on offense. Offense has two touches. If a player takes an extra touch, the ball goes to the other team.

Coaching Points

- Movement to space to support triangles
- First touch to space
- Fast pace

EXERCISE 3

35x25 yd



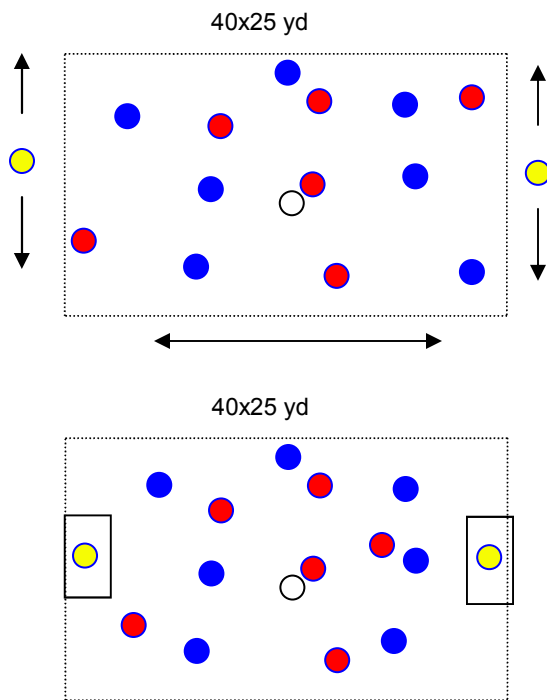
4v4v4 (or 5v5v5) (15 min.)

Three teams of 4 (or 5) players. Two teams are always on offense and one team is always on defense. As soon as a team loses the ball, that team color is on defense and the other two colors team up to make 8v4. Very fast paced and players must keep track of who makes the mistake and communicate the change on defense.

Coaching Points

- Movement to space to support triangles
- First touch to space
- Communication

EXERCISE 4



Keep away with target players (20 min.)

Divide the group up into 2 teams. Put a target player on each end line. To score a point, a team must make a complete pass to a target player. The target player passes the ball back to the same team and that team tries to score by passing to the target player on the other side of the grid.

- Start with unlimited touches
- Go to 3 touches
- Go to 2 touches
- Switch out target players every 1 minute
- Replace target players with goalies and goals

Coaching Points:

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