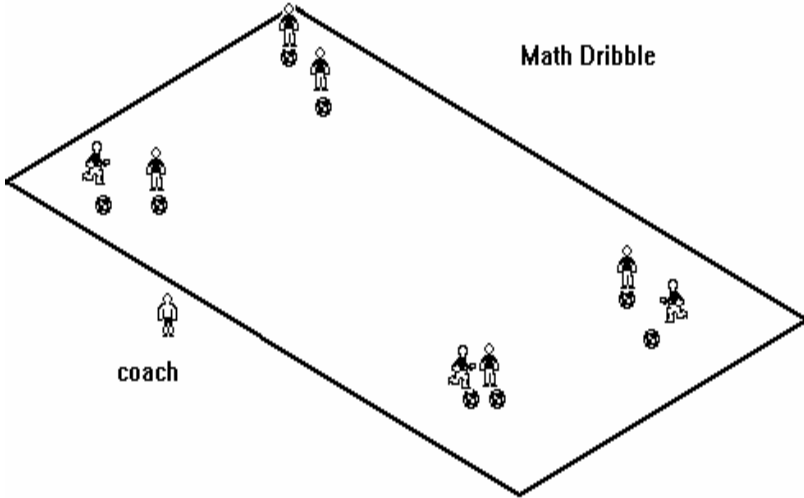
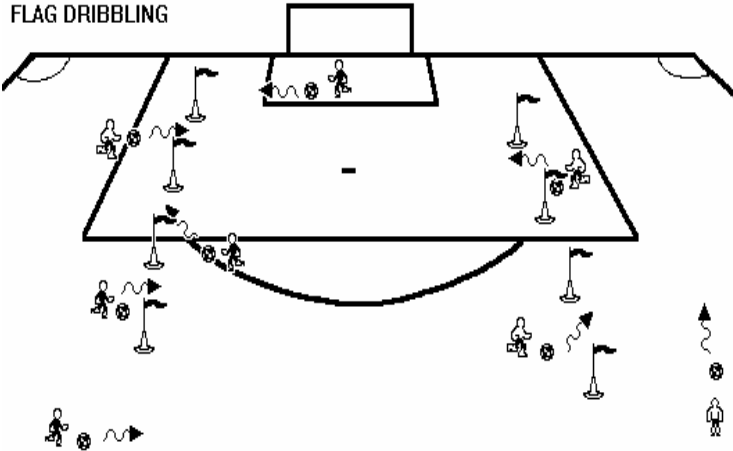
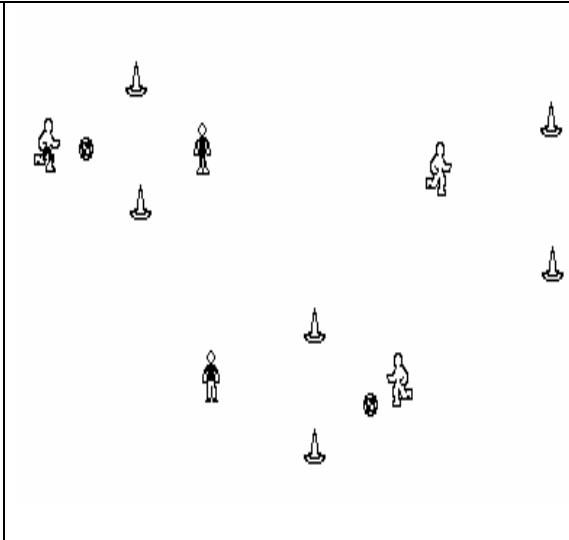


Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 Math Dribble</p> <p>In a 15 yd x 20 yd grid, each player has a ball.</p>	<p>When the coach says a number or yells out a simple math addition problem (like 1+1), the players must quickly form groups of 2. If the coach yells out “3”, the players form a group of 3.</p>		<p>Players must keep the ball close to them by using the inside, outside and soles of their feet. After they stop the ball and/or change direction, they must explode into space keeping the ball within playing distance (1-3 steps) so they can dribble it again. This type of dynamic activity forces the players to keep their heads up.</p>
<p>2 Multi-Gate Dribbling</p> <p>In an area approximately 25 yd x 30 yd, set up small goals (gates) using cones (1-2 steps wide) all around the area at different angles. Each player has a ball.</p>	<p>Timed Multi-Gate Dribbling...players must count the number of gates that they dribble through in 30 seconds. (Coach is the timer and must make it exciting...make sure you count down the last 10 seconds) Players attempt to increase that number on future attempts.</p>		<p>Players must keep the ball close to them by using the inside, outside and soles of their feet. This environment fosters controlled dribbling, looking around (vision), change of pace (exploding through a gate), change of direction, decision making (if one player is occupying a gate, the other players must look for another open gate).</p>

3 Multi-Gate Passing

In an area approximately 25 yd x 30 yd, set up small goals (gates) using cones (1-2 steps wide) all around the area at different angles.

2 players per ball. Pairs move and pass the ball to their partner through the gates. You can also time this as well.

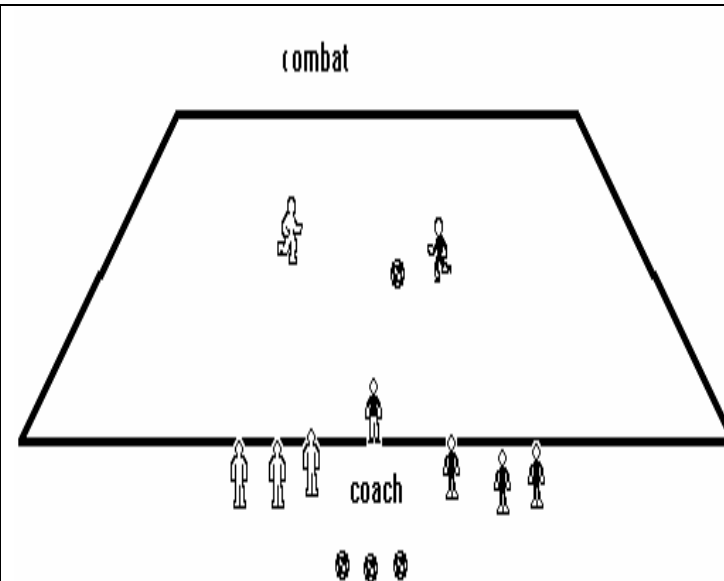


Players must keep the ball close to them by using the inside, outside and soles of their feet. This environment fosters controlled passing, looking around (vision), change of pace, change of direction, decision making (if one pair is occupying a gate, the other pairs must look for another open gate)

4 Combat.

Open area (no boundaries). Players divided into 2 teams. Each team lines up single file on opposite sides of the coach facing the open area. There should be no more than 5 players in a line. If there are more than 10 players on the team, simply have another coach or parent work with half of the players. 1-2 balls.

The coach kicks the ball out into the open area. The first player from each line chases after the ball. The first player to the ball attempts to possess it while the other player tries to steal it from him/her. They play 1v1. Whoever passes the ball back to the coach's feet gets a point. When the ball is returned to the coach's feet, he/she immediately kicks the ball out again for the next 2 players. The coach positions himself/herself away from the 2 lines once the game begins (safety).



Quickness, speed, dribbling for possession (shielding), vision (finding target = coach), passing.



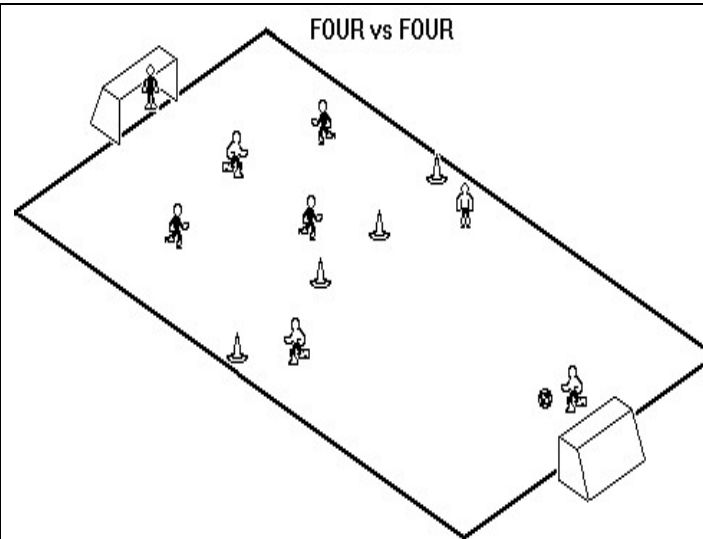
Lesson Plan



5 4v4

In a 25 x 35 yd field, with goals approximately 6 ft high by 18 ft long at each end of the field. Organize players into teams 4. NO GOALKEEPERS.

4v4...Scatter balls around the outside of the field and simply play 4v4 without the coach serving the balls. When a ball goes out of bounds, a player gets any ball closest to where it went out and puts it into play.



Let them play and have fun. Give generous praise for their effort and hard work.

COOL-DOWN ... rhythmic exercises