

## Learning New Moves

**Emphasis:** Learning new moves from other players as well as the coach.



**Set-up:**

One ball per person. Grid size should be approximately 20 x 20 yards.

**Objective:**

For players to experiment with new moves as well as get comfortable on the ball.

**Progression:**

1. A player is chosen to show his fellow players a favorite move a few times.
2. The player then shows all the players how break the move down.
3. Allow players some time to practice the move.
4. After a few minutes allow a new player the opportunity to show their favorite move.
5. Have players pair up 5 yards apart, alternating dribbling at each other in order to perfect their moves. To build confidence, do not allow the defender to steal the ball until the move has been perfected by each player.

**Coaching Points:**

- Keep close control of the ball
- Don't be afraid to make a mistake
- Listen to teammates explain the move
- Pay attention to the details
- Be explosive

## Snake Tag

**Emphasis:** Communication amongst teammates.



### Set-up:

Players will partner up with a teammate in groups of two inside a grid space of 20 X 20 yards.

### Objective:

To tag the free player before they can interlock elbows with an already existing pair.

### Progression:

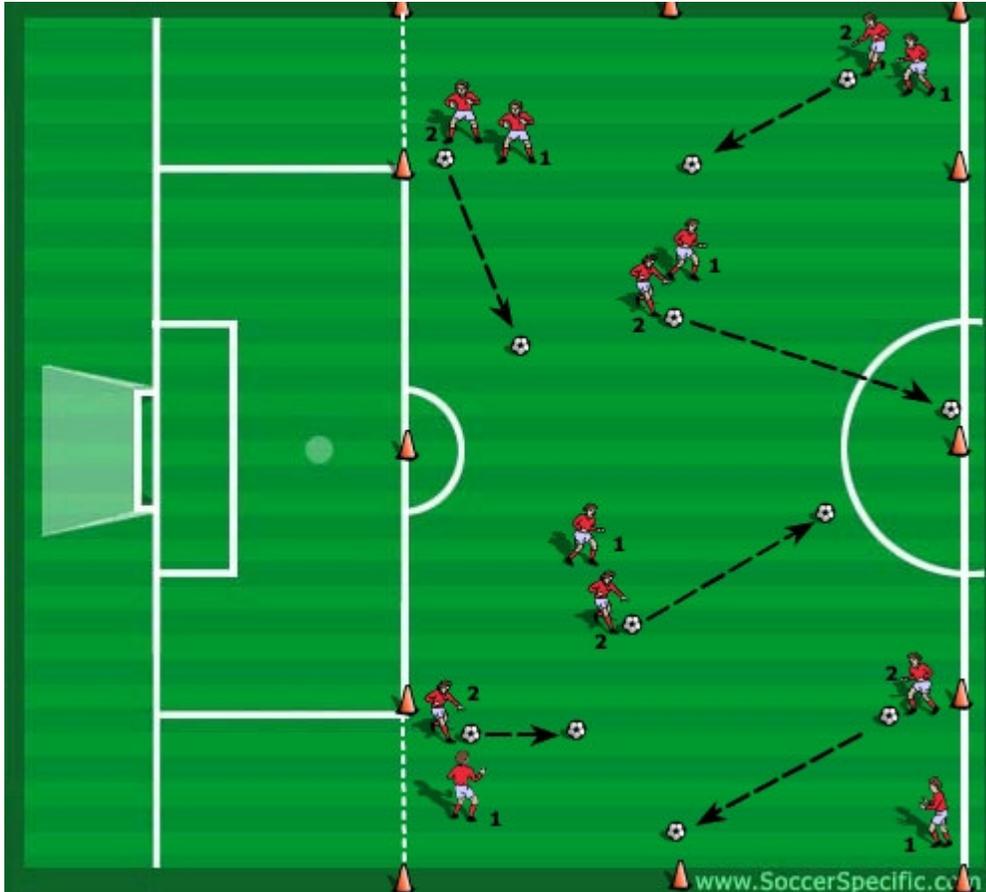
1. Form groups of two.
2. Two players will be it to start the exercise.
3. Player #1 will try and tag player #2 who is holding a ball.
4. Player #2 will try and lock arms with another group. When he does, he hands off the ball to the player on the opposite end.
5. Once player #2 joins an already existing group the player #3 on the opposite end of that group who now has the ball will now peel off and find another group before he gets tagged.
6. If player #1 doesn't catch a player within one minute, switch that player out and replace them with a rested player.

### Coaching Points:

- Communication between teammates
- Develops agility and speed of thought

## BumperBalls

**Emphasis:** Accuracy of passing.



### Set-up:

One ball per person. Grid size should be approximately 70 x 60 yards.

A full half field would be ideal.

### Objective:

For players to get comfortable striking a ball with the inside of the feet for accuracy and utilizing the instep drive over distances.

### Progression:

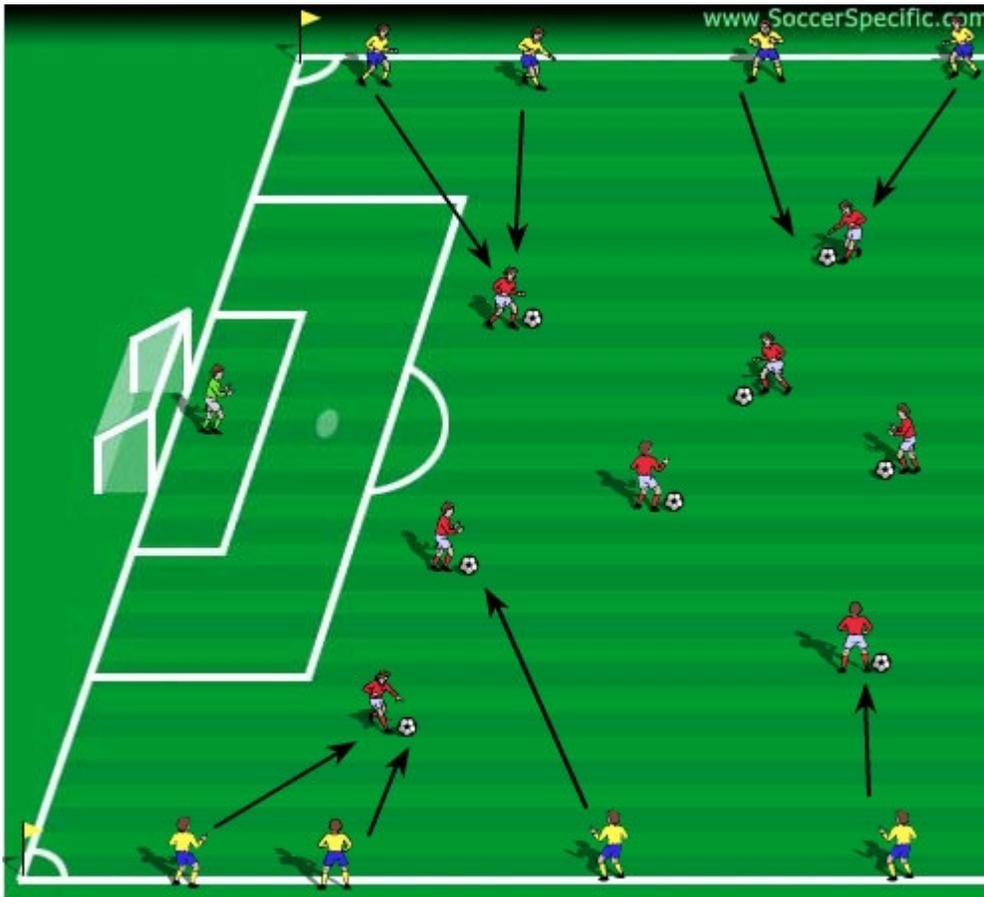
1. Player #1 and #2 stand next to each other to start.
2. Player #1 passes his ball forward. The distance does not matter (10-20 yards approximately). Player #2 let's player #1's ball come to a complete stop. Player #2 then tries to pass his ball and hit player #1's ball.
3. Every time a player hits his opponent's ball they collect a point.
4. The player that gets three points first wins.
5. Players keep alternating passes until one hits the other players' ball.
6. Winners and losers from different groups are paired and repeat the exercise.
7. Once players are comfortable with this exercise, allow players to hit the ball as a moving target. At no time are any balls by either player allowed to come to full rest.
8. Final progression to direct players to use a specific part of their foot only during that particular game.

### Coaching Points:

- Weight of passes
- Timing of the pass
- Accuracy of the pass
- Utilizing instep with inside the foot as well as the outside of the foot

## Team Keeps It Out

**Emphasis:** Team defending (possession skills, communication), team attacking (1vs1 in attack, combination play, tackling and finishing)



### Set-up:

Two teams on a half field.  
One goalkeeper and balls.

### Objective:

For the defending team to keep possession of the ball for as long a possible. The attacking team is trying to steal the balls and score as many goals as possible in the quickest time.

### Progression:

1. Each player on the defending team has a ball.
2. The attacking team is spread out on both sidelines waiting for the coach's whistle to start play.
3. As the whistle sounds the coach will start his watch, stopping it only after the last ball has been kicked out of bounds or in the goal.
4. The defending team tries to prevent their ball from being stolen by running with it and shielding from the attacking team.
5. Players may help keep possession with their teammates only after they have lost their own ball.
6. The defending team is not allowed to kick the ball out of bounds.
7. Each team will rotate from offense to defense.

### Coaching Points:

- Communication between teammates
- Be aggressive and take players on
- Possess the ball
- Concentrate on finishing opportunities