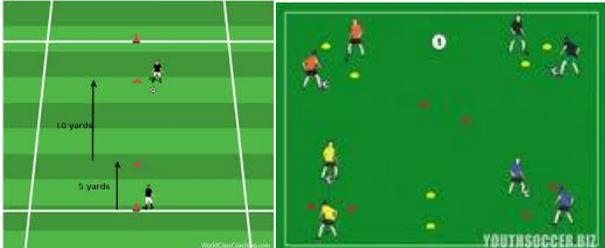
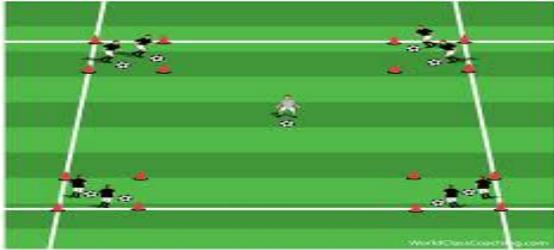


DIAGRAM	ORGANIZATION	KEY COACHING POINTS
<p><u>Players Dribble in Grid</u></p> 	<ul style="list-style-type: none"> • Dribble in grid- Coach Calls Out Command • Put players in 3 teams and they race around the cone. • A)Right foot B)Left foot C) Outside inside Right D)Outside inside left E)Sole of foot F)You pick • Now change the shape of the cones and have them finish on goal then run back. 	<ul style="list-style-type: none"> • Get the kids used to touching the soccer ball w/ all surfaces of the feet while having fun racing around the cone. • You can make them do funny stuff once their done like sing row row your boat or do the sprinkler if its hot
<p><u>Tails or Freeze Tag</u></p> 	<ul style="list-style-type: none"> • Can play tails if you have enough pinnies. Each kid puts a bib in their shorts like a tail. Go for 1 min see how many pulls a player gets and who didn't get pulled. • B) Can play Freeze tag everyone is it and if they are frozen another player must do a foundation on their ball to unfreeze them 	<ul style="list-style-type: none"> • Head up, keep the ball close to you and be able to stop quickly. • Make sure to look for defender and use moves to beat them or dribble into space. May need a big touch to get away and cut off touch once you beat them.
<p><u>Passing Gates</u></p> 	<ul style="list-style-type: none"> • There are two players 10 yards apart passing back and forth. Commands- Trap and pass same foot, trap and pass w/opposite foot, 1 touch B) Pass Through gates and go for 1 min and see how many gates you can get advanced add def 	<p>Toe up, heel down and ankle locked. Point your nike sign in middle of foot and plant leg to target.</p>
<p><u>Partner Passing 4 Square</u></p> 	<ul style="list-style-type: none"> • Have a partner and a ball and put a couple defenders in the middle like the player in gray with no ball trying to get the players with the ball. If they get their ball before they go into safe zone that team goes into the middle as defenders. Can have 1 to 2 teams as defending teams in the middle. Coach calls go and then they try to get to a safe zone, must go to new box. Can have one extra box than teams if needed. 	<ul style="list-style-type: none"> • Go at speed to a box if a defender comes figure how to beat them to get into box by dribble or pass or find a new box. • Vision awareness of defenders, good technique on pass and dribble.
<p><u>4 Goal Game</u></p> 	<ul style="list-style-type: none"> • 4 Goal game-Make two teams and each gets to attack two goals and defend two goals. 	<ul style="list-style-type: none"> • Look for opportunities if a goal is crowded to go to another goal. Head up on dribble and for the pass.

SCRIMMAGE: Play an age appropriate scrimmage. Minimize coaching and let the players play and have fun!!

