

## Zebras vs. the Crocodiles

## Dribbling

**Time** 10 minutes

### Setup

Field/space 20x25

All players with a ball

Coaches will act as the crocodiles and defend

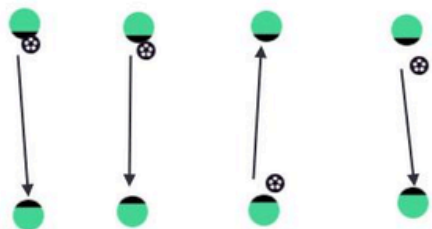
Player who lose their ball will help the coaches

### Coaching Points

Keep the ball at a good distance where you can always reach it to stop, or change direction

Reward them if they do last weeks move (inside cut)... you will let them pass

## Water Break



## Partner Passing

## Passing

**Time** 10 minutes

### Setup

Get a partner and share a ball

4 or 5 yards apart

Must be 2 touch or more... no 1 touch passing.

### Progression

Pass, control, 5 toe taps, pass back

Pass, control, 1 push up pass back

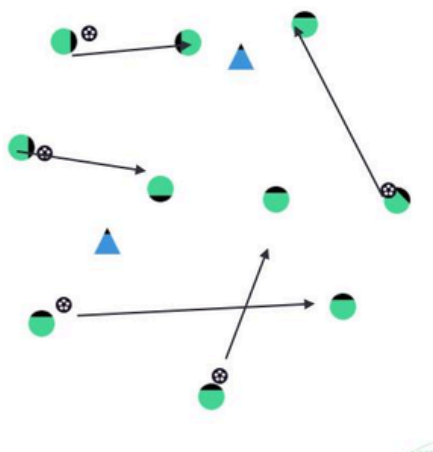
### Coaching Points

Inside of foot at this range

Take a step back and approach the ball instead of standing still!

Struggling to hit the target? Point your finger at your partner and swing your leg through following where your pointing

## Water Break



## Keep It From The Coach

## Passing

**Time** 10 minutes

### Setup

Half the amount of balls as players

15x15 or 20x20 grid

2 Coaches to help pressure the ball

Player do not need a partner, all players working to keep the ball from the coaches

Coaches steal a ball? Kick it just out of the grid for the player to retrieve

### Coaching Points

Must keep the ball moving or the coach will steal it

When you don't have the ball try to help your teammate by getting open and calling out for the ball



## Small Square Passing

**Time** 12 minutes

### Setup

Square should be 7x7x7x7 +-

5 players in a group

Always stay on the outside of the square as you receive (back foot) dribble 3 yards and pass to next player 4 yards

### Progression

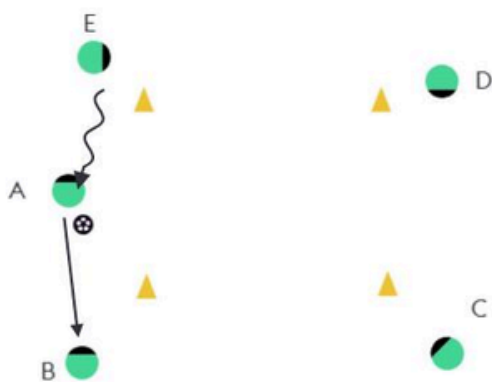
Change directions so you use each foot

### Coaching Points

Stand out away from the cones body facing into the square

Let the pass come across you and receive with back foot

When passing the ball should go near the cone but outside the square to your teammates back foot



Water Break

## Passing Into The Endzone

## Passing and Attacking

**Time** 15 minutes

### Setup

Field should be 20x20 with endzones to play into

Equal numbers on both teams

2 coaches can run this but having 3 makes it better. 1 playing the ball in and 1 in each endzone to receive the ball

### Progression

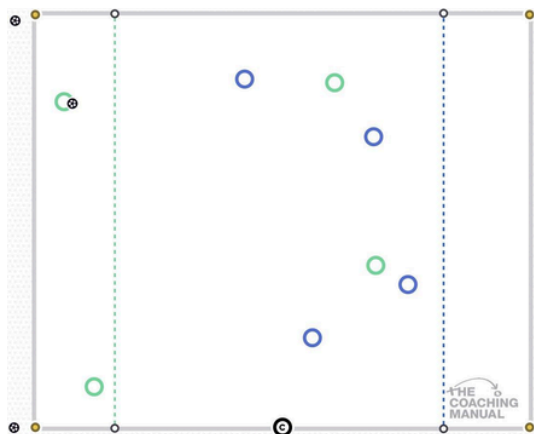
Play two balls in at one time. Use this to get a player who may be struggling to find success

### Coaching Points

Quickly get your eyes up and find a teammate or a coach to pass to

Endzone coaches should move side to side and call for the ball at the right time

You cannot dribble into the end zone to score it must be a pass



Water Break

## Turns And Burns

Please watch a few of the many soccer turns out there. Start to think about what turn you feel is appropriate for your team's ability level. Find one you or a player can demonstrate and add it to practice.

