



Dribbling Warm Up

Time 5 minutes

Setup

Field/space 20x20 +-

All players should have a ball

Work with players within the space to have as many touches as you can

Coaching Points

Dribble under control

Keep it close. How close? Like your walking your dog on a short leash

Add in 5/6 commands. Inside of your foot, outside, turn and go another direction, stop freeze, 2 pushups, dribble quickly to a cone and stop, etc

Water Break

Freeze Tag

Teamwork and Communication

Time 10 minutes

Setup

Field/space 20x20 +-

All players should have a ball

Coach is the tagger

Kids work against the coach to unfreeze teammates as the coach tries to tag players

Coaching Points

Dribble under control

If tagged your frozen

Put your ball over your head

Legs open

Teammate plays their ball through your leg to unfreeze you

Call out for teammates to get help

Shooting Drill with Partner

Receiving then Shooting

Time 10 minutes

Setup

2 cones 10 + yards apart

Player at each cone

2 Players 1 ball

1. Shoot to partner
2. Receive
3. Touches to get to left of cone
4. Shoot to partner

Coaching Points

Strike with laces

Head down

Knee/chest over ball

From left to right around cone strike with right foot then switch, right to left around cone strike with left foot

Water Break



Shooting Relay

Time 12 minutes

Setup

3/4 equal teams

Cones 10+ yards apart

Make this a fun race challenging all teams

Teams uneven? Rotate players

Coaching Points

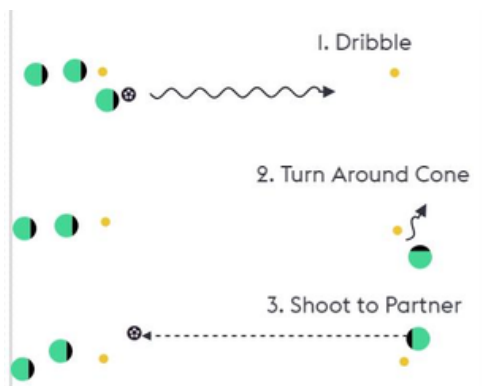
Focus on the shooting back to partner

Strike with laces

Coach or a player needs to demonstrate proper shooting technique

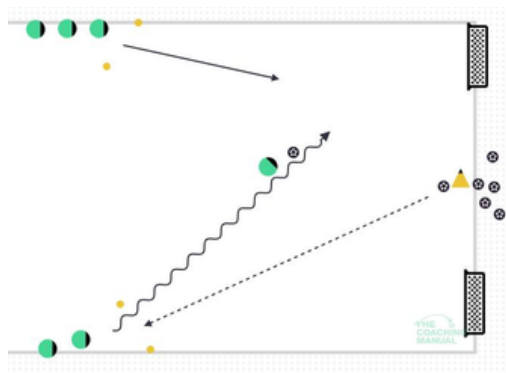
Progression

Challenge all groups to see who can get the most points in 45 seconds



Water Break

Water Break



Quick Shots

Time 12 minutes

Setup

20x10 yard field

Coach should have all the balls

Coach plays ball out to 1st player in either line, player attacks to the goal diagonal from them quickly

Coaching Points

First touch in the direction of the goal

Don't over dribble! Get the shot off

2 or 3 touches before shooting max

First touch should be an attacking touch

Game Time

Time 12 minutes

Setup

25x20

Even teams

Coaching Points

Emphasize shooting

Teams get 1 point for taking a shot and 3 for scoring a goal!

